

Colonoscopy Procedure Preparation Checklist

5 days before your procedure

- READ THE INSTRUCTION SHEETS IN THE PURPLE FOLDER
- You will receive a call to confirm your appointment. It is an automated call – listen to the menu before you respond.
- Arrange for a ride home. If you do not have a responsible adult to take you home, your procedure will have to be rescheduled.
- Stop taking medications like aspirin, Aleve, ibuprofen, any other anti-inflammatory medicine, Plavix , Aggrenox (or any other antiplatelet drug), vitamins, iron, and all herbal supplements. **If you take any medication for high blood pressure, continue to take it until the day of your procedure.**
- If you are taking Coumadin, stop taking it now and make sure you have an appointment to have your PT/INR drawn on the day before your procedure.

3 days before your procedure

- Confirm your ride.
- Review the diet that you need to follow for the next two days and plan your meals.
- If you need to cancel or reschedule your appointment, you must call the office today. We reserve the right to charge for missed appointments or appointments cancelled less than 48 hours in advance.

2 days before your procedure

- Drink at least 8 glasses of water throughout the day.***
- Start the Low Fiber diet at breakfast and continue all day with low fiber foods.
- Go to the drugstore and get the prep medications that the doctor has prescribed.
- Do not eat any solid food after midnight.

1 day before the procedure

- Start a strict clear liquid diet.
- Start your prep as you have been instructed (usually in the late afternoon).
- Drink lots of clear fluids throughout the day.***
- Complete the sheet in the purple folder that lists your allergies, medications, previous illnesses, and surgeries.
- If you stopped taking Coumadin 4 days ago, come in to the lab to have your PT/INR drawn.

On the day of the procedure

- If you take a diuretic medication or a medication that has a diuretic in it (Lasix, HCTZ etc), DO NOT take it this morning. You can take it after your procedure is done.**
- Take your normal medications except for the ones that you were instructed not to take (Anti-inflammatory medications, coumadin, plavix).
- Continue to drink clear liquids up to two hours before your procedure.***
- Bring your driver with you to the appointment.
- Bring the filled-out allergy/ history sheet with you. You do not need to bring the purple folder to the office.
- Arrive 15 minutes before your scheduled procedure time.