

COLONOSCOPY INSTRUCTIONS



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Preparing for Your Procedure

Stop taking the following medications:

You will need to stop taking certain blood-thinning medications in the days before your colonoscopy. If you take a blood-thinning medication, please check with the doctor who prescribed your medication before stopping it.

7 Days Prior To Your Procedure:

- Stop taking all anti-platelet medications: Plavix (clopidogrel), Pletal, Ticlid (ticlopidine), Aggrenox, Agrylin (anagrelide), or Effient.

5 Days Prior To Your Procedure:

- Stop taking Coumadin (warfarin), Brilinta, and Jantoven.

2 Days Prior To Your Procedure:

- Stop taking Pradaxa (dabigatran), Xarelto (rivaroxaban), Eliquis (apixaban), and iron supplements.

12 hours Prior To Your Procedure:

- Stop taking Lovenox, aspirin, ibuprofen, other NSAIDs.

Follow a special diet before the colonoscopy.

You will not be able to eat solid food the day before your exam. Drinks are limited to **clear liquids** (water, sports drinks, tea, broth, jello, popsicles, clear fruit juices without pulp, coffee without milk or creamer, or clear carbonated beverages). Avoid red and purple liquids, which can be confused with blood during the colonoscopy.

Take a Laxative.

Before a colonoscopy, you will need to clean out (empty) your colon. To accomplish this, you will need to follow the bowel preparation instruction on the other side of this page. The laxative in your bowel preparation will cause you to have diarrhea. You should plan on being near a bathroom while taking your prep. Any residue in your colon may obscure the view of your colon during the exam.

Bring a medication list.

Tell your doctor about all the medications and supplements you are taking before your endoscopy. Be sure to bring a medication list with you. If you take heart, blood pressure, or seizure medication routinely, you may take the medication up to 2 hours before your procedure with a small amount of water. If you are diabetic, hold oral medications the morning of your procedure. If you take insulin, take only half of your normal dose depending on your morning glucose level.

Plan ahead for your recovery.

You will receive anesthesia/sedation for this exam. You may feel mentally alert, but your memory, reaction times, and judgment may be impaired. You will not be allowed to drive or go back to work until the day after the procedure. You are **not** allowed to take a taxi, or bus, or leave the Center alone.

IF YOU DO NOT HAVE A RESPONSIBLE ADULT TO ACCOMPANY YOU HOME, YOUR PROCEDURE WILL BE CANCELLED.

Your Appointment is scheduled for:

Date: _____

Check-In Time: _____

Procedure Time: _____

Location:

Endoscopy Centers of Colorado Springs

- Audubon Medical Campus
2940 N. Circle Dr.
- St. Peregrine Pavilion
6031 E. Woodmen Rd. Ste. 100

Hospitals

- Penrose Main Hospital GI Lab
2222 N. Nevada Ave.
- St. Francis Hospital GI Lab
6001 E. Woodmen Rd.

If you are scheduled at a hospital:

- Call 776-8010 one (1) week prior to your procedure to pre-register
- Check in at registration –they will direct you to the GI Lab.

MoviPrep--- Bowel Preparation Instructions

You will need to obtain your prescribed MoviPrep bowel prep kit which includes:

- 2 (two) Pouches (A & B)
- 1 (one) 1 Liter mixing container

MoviPrep Bowel Prep Kit is taken as a split dose regimen. You will take the first A & B pouches with water the day before your colonoscopy and the second A & B pouches with water at least eight hours prior to your colonoscopy. It is important to drink the additional fluids as recommended in the Bowel Prep Instructions. Both A & B pouches are required for a complete prep.

Bowel Prep Instructions:

No solid food starting the day before your procedure.

You may have **clear liquids only** on the day before the procedure.

_____ : on the day before your colonoscopy

Step 1: Pour **ONE** (1) A pouch & **ONE** (1) B pouch into the mixing container.

Step 2: Add drinking water to the **Fill Line** on the mixing container and mix to dissolve.

Step 3: Every 15 minutes drink the solution down to the next mark (approximately 8 ounces), until the full liter is completed. You must drink the full liter.

Step 4: You **must** drink an additional 16 ounces (two 8 ounce glasses) of clear fluids after finishing the solution over the next hour.

You should continue with clear liquids of your choice between prep doses.

_____ : eight hours prior to your colonoscopy

Repeat steps 1 through 4. You must start your second dose at least (8) eight hours prior to your procedure time.

_____ : on the morning of your colonoscopy

Nothing more to eat, drink, or chew. **IF YOU DO NOT STOP EATING AND DRINKING (6) SIX HOURS BEFORE YOUR PROCEDURE, YOUR PROCEDURE MAY BE CANCELLED.**

FOR YOUR SAFETY, DO NOT SMOKE, VAPE, OR CHEW TOBACCO (6) SIX HOURS BEFORE YOUR PROCEDURE.

DO NOT INJECT MARIJUANA THE DAY OF YOUR PROCEDURE.

Tips for your bowel preparation:

Bowel prep is the most effective way to clean out the bowel. Completing the entire bowel prep offers the best chance that your bowel will be empty so the doctor can clearly view your colon.

Avoid high-fiber foods such as popcorn, beans, seeds (flax, sunflower, quinoa), multigrain breads, or nuts for several days prior to your colonoscopy.

Drink as much fluid as possible during the day before your procedure. Try to drink at least 8 ounces of clear liquids every hour after waking up. Do not drink alcohol during your bowel preparation.

Some patients find it easier to drink the solution through a straw, slowly.

If you have chronic constipation (or take pain meds that cause constipation), we may need to use a two day bowel prep.