



General Instructions for Colonoscopy Preparation

****Only take a colonoscopy prep if you have been instructed to by your medical provider**

****If you are doing the “Extended Prep” note the prep instructions start 2 days before the exam**

**Please arrive at the facility at your scheduled time of arrival. This is usually 1 hour before your scheduled procedure time. You may have a short wait after arrival and completion of your paperwork at the facility.

**A good colonoscopy preparation is imperative. It will allow a thorough inspection of your entire colon and provide the best results. You should have clear to yellow liquid bowel movements after completion of your prep. If you feel your prep was inadequate or have any questions regarding these instructions, please call your provider.

Important Instructions:

5 days prior to your procedure:

- 1) Please avoid the consumption of seeds, nuts, corn, popcorn, raw fruits and raw vegetables for 5 days prior to your procedure.
- 2) Do not take Iron or Vitamins plus Iron for 5 days prior to your procedure.
- 3) Contact your prescribing physician to confirm it is okay to stop your blood thinners

Dabigatran (Pradaxa) -hold 2 days Rivaroxaban (Xarelto) -hold 2 days

Apixaban (Eliquis) -hold 2 days Edoxaban (Savaysa, Lixiana) -hold 2 days

Ticagrelor (Brilinta) -hold 3 days Warfarin (Coumadin, Jantoven) -hold 3 days

Clopidogrel (Plavix) -hold 5 days Prasugrel (Effient) -hold 5 days

Ticlopidine (Ticlid) -hold 5 days Cilostazol (Pletal) -hold 5 days

Dipyridamole (Aggrenox) -hold 5 days Aspirin -hold 5 days

**Patients with mechanical artificial heart valves cannot stop their anticoagulant medications (blood thinners) without discussion with their cardiologist

On the day BEFORE your procedure:

-NO SOLID FOOD

-Drink clear liquids ONLY starting the day prior to your procedure (water, flavored water, apple juice, white grape juice, lemonade, Gatorade, chicken or beef broth or bouillon, tea, coffee without milk or creamer, clear juice without pulp, Jell-O, popsicles, and other clear flavored drinks). Avoid purple or red colors. NO CARBONATED BEVERAGES.