

Endoscopy Center of North Baltimore LLC, (ECNB)

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410-296-4415

www.ecnb.org

Date and Time of Procedure: _____

Arrival Time: _____

Colonoscopy Preparation Instructions

- It is very important that you follow the bowel prep instructions carefully. If your stool is not clear liquid, your procedure may need to be rescheduled. Diet is a very important part of the cleansing process.
- The morning prior to your colonoscopy, you may have a light breakfast.
Example: apple juice, tea or coffee (NO DAIRY) and toast (seedless jelly)
- Drink only clear liquids for lunch and dinner the day before your exam.
It is important that you drink plenty of fluids so you do not become dehydrated as a result of the prep. **Solid foods and milk products are not allowed.**
Example of clear liquids: Water Jello Coffee
 Soda Gatorade Tea
 Popsicles Kool-aid Clear broth or bouillon
- Do not eat or drink anything that is Red or Purple in color.
- **Do not eat or drink after midnight the night before your exam UNLESS it is part of your preparation.**
- **Stop taking iron, vitamin E, aspirin (Excedrin), ibuprofen (Motrin, Advil, Aleve), Mobic, Naprosyn or blood thinners (Coumadin, Plavix, Tegrid or Pletal) for 7 days before your exam or as directed by your physician.**
Tylenol is an acceptable substitute unless instructed otherwise.
The Arthritis medicine Celebrex does not affect the ability of your blood to clot. You may continue to take this medication as prescribed.
- Please notify your primary physician or GI doctor before your colonoscopy if you have any heart valve replacements, cardiac stents, arterial grafts, pacemaker or defibrillator, atrial fibrillation, dialysis, joint replacements, sleep apnea, home oxygen, etc.
- **Patients with cardiac stents should consult their physician before discontinuing their blood thinners (Plavix, Coumadin, etc.)**
- You may take your heart, blood pressure, seizure or steroidal routine medications with a small sip of water on the day of your exam. Hold all other medications.
- Do not take insulin or anti-diabetic medicines the evening before or the morning of your exam. Resume your medications dosage after your exam.
- Ileostomy/ colonoscopy patients must bring a new pouch with them the day of the procedure.
- **Bring a driver with you on the day of your exam. You will receive sedation and will not be able to drive for the rest of the day. An adult must accompany you and remain until patient discharge.**
- If you suspect you are pregnant, this procedure should be cancelled.
- Wear loose fitting, comfortable clothes. Do not wear heavy or bulky sweaters. Avoid girdles, pantyhose, or tight-fitting garments.