



arizona  
gastrointestinal  
associates

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## **Colonoscopy pre-procedure instructions**

Make sure to obtain your prep prescription or over the counter products from the pharmacy several days prior to your exam.

Notify the office if you are on ANY blood thinning medications (Plavix, Coumadin, Effient, etc...). You WILL be required to discontinue this medication prior to your exam and have clearance from the prescribing physician.

If you are taking insulin or oral medications for diabetes: take ½ of your regular dose the evening before the exam and DO NOT TAKE ANY the morning of the exam.

You must STOP any oral iron 5-days prior to exam.

Notify the office if you have a history of endocarditis or a prosthetic heart valve. You may require IV antibiotics prior to your exam.

If you require an anti-nausea medication for your prep please notify office several days in advance.

**YOU MUST HAVE A PERSONAL DRIVER OR MEDICAL TRANSPORT TO TAKE YOU HOME AFTER YOUR PROCEDURE. YOU MAY NOT TAKE A TAXI OR BUS. NO EXCEPTIONS.**

Beginning the day prior to your Colonoscopy you are on a clear liquid diet all day. Attached you will find a comprehensive list of what you can/cannot have. The more fluids you drink the easier your prep will be and the better your clean out will be. You may have nothing after midnight (except the remaining prep 5-hours prior to your registration/check in time).

Please follow the prep clean out instructions as attached.

You may take your regular morning medications with a small amount of water.

Anesthesia for your procedure is Propofol given via IV administered by an anesthesiologist.