How to Prepare for Your Colonoscopy Examination

IMPORTANT-Please Read These Instructions at Least 2 Weeks Before Your Colonoscopy

Key Instructions:

- Your bowel must be empty so that your doctor can clearly view your colon. Follow all of the instructions in this handout EXACTLY as they are written.
- On the day before the exam, you may eat a light breakfast consisting of toast. After that, **drink only clear liquids starting at 8:00 a.m.**
- Buy your bowel preparation at least 5 days before your colonoscopy.
- Do not mix the solution **until the day before your colonoscopy.**
- If you do NOT drink your solution as directed, your colonoscopy may be cancelled.

**Designated Driver on the Day on Your Exam**

A responsible adult (family member or friend) **MUST** come with you to your colonoscopy and REMAIN in the endoscopy area until you are discharged! You are **NOT ALLOWED** to drive, take a taxi or bus, or leave the Endoscopy Unit ALONE. If you do not have a responsible adult (family member or friend) with you to take you home, your exam cannot be done with sedation and will be cancelled.

**Joint or Heart Valve Replacements**

**Possible need for antibiotics.** If you’ve had a joint or heart valve replacement and were told to take an antibiotic before going to the dentist or having surgery, you may need to take an antibiotic **BEFORE** your colonoscopy, **CALL** your primary care doctor and/or cardiologist ask if an antibiotic prescription is needed.

**Medications**

Some of the medicines you take may need to be stopped or adjusted before your colonoscopy. You **MUST** call the doctor who ordered any of the following medicines at least **2 weeks** before your colonoscopy.

- **Blood thinners**-such as Coumadin, Plavix, Xarelto, Eliquis.

The PREP department will discuss your medication management and/or insulin or other diabetic medications.

Take **ALL** other medicines as instructed by your doctor. On the day of your colonoscopy, take your medicines with a sip of water.