

Colonoscopy and Prep Instructions

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General Surgery

Your colonoscopy appointment:

Date: _____

Time: _____

Location: Minden Medical Center

If you are taking any blood thinners such as:

- Coumadin
- Aggrenox
- Effient
- Plavix
- Pradaxa
- Aspirin

Stop taking them 5 DAYS *before* your procedure.

THE DAY BEFORE YOUR PROCEDURE

Stick to a liquid diet. You can have:

- Jello
- Apple Juice
- Broth
- Coffee (no creamer)
- Tea
- Soft drinks
- Gatorade
- Popsicles

NO RED OR PURPLE LIQUIDS!

NO MILK PRODUCTS, OR ALCOHOL!

PREP INSTRUCTIONS

*Do not follow instructions on the box!

5:00 pm

- Fill the provided container with 16-ounces of water (up to the fill line.)
- Swallow 12 tablets, each with a sip of water.
- Drink the entire container of water over 15-20 minutes.
- One hour later, drink a second container of water.
- 30 minutes later – drink a third container of water.

9:00 pm

- Repeat the second dose of 12 tablets as instructed above.

*****DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT*****

THE DAY OF YOUR PROCEDURE

- You may take blood pressure and/or heart medication in the morning with a very small sip of water.
- Bring someone to drive you home due to the sedation given during the procedure.