



Patient Instructions

COLONOSCOPY (AM)

Patient's name

Date of procedure

time of arrival

How do I prepare for the procedure?

- 1 week before the exam, stop taking aspirin
- 3 days before the exam, stop taking Advil, Nuprin, Aleve and Ibuprofen
 - o Tylenol is permitted
 - o Please inform us if you are taking Coumadin, any other blood thinner or any diabetic medication
 - o Do not take any arthritis medication unless approved by your Gastroenterologist
- 1 full day (the entire day) before your exam, (NOT 24 hours before), starting at breakfast time, have only a clear liquid diet until midnight, then nothing after that time until after your exam
 - o Examples Include:

7-Up®	Squirt®	Beef, chicken or vegetable broth
Dr. Pepper®	Slice®	Gatorade or other sport drinks
Coke®	Pepsi®	Apple, grape or cranberry juice
Mountain Dew®	Sprite®	Hot or iced tea
Ginger ale	Water	Black coffee
 - o You may eat Popsicles or plain Jell-O -- any flavor without red coloring and no fruit added. DO NOT DRINK any milk or milk products, orange or grapefruit juice.
- At 1:00 p.m., take 2 Dulcolax laxative tablets with 10 ounce bottle of magnesium citrate. Drink at least 4 (four) 8 oz. glasses of clear liquid of your choice, within 1 to 2 hours after each laxative dose.
- At 7:00 p.m., take 2 Dulcolax laxative tablets with 10 ounce bottle of magnesium citrate. Drink more clear liquid.
- On the day of your exam, please report to the Registration Desk of Presence Covenant Medical Center (1400 West Park Street, Urbana, IL , 61801).
 - o You may take your routine medications
- Be sure that someone is with you to drive you home. Your ride must be confirmed by the Procedure Center before your procedure. A taxi or bus is not acceptable unless you have someone accompanying you.