

**DO THESE THINGS 7 DAYS BEFORE THE PROCEDURE**

- **Arrange a ride:** you will be given medicine that makes you relaxed and sleepy, so you cannot drive a car. The medication also has amnesic effect.
- **Stop taking Pepto-Bismol, or Iron Supplements, or Multivitamin with Iron or Fish Oil Supplements.**
- **Inform your Doctor** if you have sleep apnea, a pacemaker, internal defibrillator, an artificial heart valve or joint replacement within the last 6 months.
- **Inform your Doctor if you are diabetic, or if you are on blood thinners** such as Plavix, Ticlid, Coumadin or Warfarin, Pradaxa, Xarelto, Eliquis, Effient, Aggrenox.

**DO THESE THINGS 5 DAYS BEFORE THE PROCEDURE**

- **Stop Aspirin** (unless instructed otherwise)
- **Eat a Low Fiber Diet** (see low fiber diet handout).

**DO THESE THINGS 1 DAY BEFORE THE PROCEDURE**

- **Take all your normal medications**, except Ibuprofen (Advil, Motrin), Alieve. Tylenol is OK.
- **No red dyes.**
- **Start a strict, clear liquid diet:**
  - Black coffee or Tea
  - Bouillon
  - Apple or Clear Grape Juice
  - Soda pop or sport drinks like Gatorade
  - Popsicles or Jell-O (no red dyes)
  - Hard Candy Like Lifesavers
  - If you put a liquid in a glass and you can see thru it, it is probably OK to drink.

**DO THESE THINGS AT 5 PM THE DAY BEFORE THE PROCEDURE**

- **STEP 1:** Open 1 bottle of 12 tablets.
- **STEP 2:** Fill the provided container with 16 ounces of water. Swallow each tablet with a sip of water and drink the entire amount of water over 15-20 minutes. If you become nauseated, take tablets and water slower.
- **STEP 3:** Approximately 1 hour after the last tablet is swallowed, fill the provided container a second time with 16 ounces of water and drink the entire amount over 30 minutes.
- **STEP 4:** Approximately 30 minutes after finishing the second container of water, fill the provided container with 16 ounces of water and drink the entire amount over 30 minutes.

**DO THESE THINGS ON THE DAY OF THE PROCEDURE**

- **STEP 1: 6 hours before your colonoscopy and no sooner than 4 hours from starting first 12 pills, open 2<sup>nd</sup> bottle of 12 tablets**
- **STEP 2:** Fill the provided container with 16 ounces of water. Swallow each tablet with a sip of water and drink the entire amount of water over 15-20 minutes. If you become nauseated, take tablets and water slower.
- **STEP 3:** Approximately 1 hour after the last tablet is swallowed, fill the provided container a second time with 16 ounces of water and drink the entire amount over 30 minutes.
- **STEP 4:** Approximately 30 minutes after finishing the second container of water, fill the provided container with 16 ounces of water and drink the entire amount over 30 minutes.
- **Take your normal medication** with a sip of water
- **Continue drinking liquids until 2 hours before your procedure** (3 hours if having Upper Endoscopy)
- **Have your escort/driver bring you to your appointment.** Escorts need to be in the building or be 15 minutes away from a hospital.

***Please call 425-831-3537 with ANY questions or concerns!***