



General Instructions for Upper Endoscopy and Colonoscopy

1. It is essential that someone accompany you and drive you home following your procedure. You will not be permitted to leave the GI Lab on your own if you have received sedation.
2. Sedation during the procedure will make it unsafe for you to drive or operate any machinery on the day of your procedure.
3. If you receive sedation during your procedure, you will be unable to return to work that day.
4. Please check with your insurance company to see if you require pre-certification prior to the procedure and whether you require a referral from your primary care physician.
5. Do NOT eat seeds, nuts, or corn one week prior to your colonoscopy.
6. Please arrive at the GI Lab **30 minutes PRIOR** to your procedure and plan to spend approximately 2-3 hours at the GI Lab.
7. Please discontinue any medication containing aspirin or other anti-inflammatory medications (NSAIDs), herbal supplements, or vitamin E **one week PRIOR** to your procedure. For those taking aspirin for cardiovascular reasons (coronary artery stents, myocardial infarctions, atrial fibrillation, TIAs, strokes, etc.), you may continue to take 81 or 325 mg doses of aspirin, but please notify us [the office??] and discuss with your PCP. Acetaminophen (Tylenol) is OK.
8. If you are taking a blood thinner such as Coumadin™, Plavix™, Ticlid™, Lovenox™, Pradaxa™ or other similar medications, please contact your primary care physician (PCP) to determine whether you should discontinue the medication PRIOR to your procedure. Please notify our office if your PCP feels you need to continue these medications.
9. If you have a cardiac stent or an artificial heart valve, please contact your cardiologist for instructions regarding your blood thinners and notify us prior to your procedure.
10. Please notify our office if you have a heart defibrillator (AICD) or pacemaker .
11. Please notify your PCP if you are diabetic to instruct you on your medications prior to your procedure.
12. If you take heart or blood pressure medications, you should take these on the morning of your procedure with a small sip of water. Otherwise you should have nothing to eat or drink after midnight if your procedure is in the morning, or after 7am if your procedure is in the afternoon.
13. If you are having a COLONOSCOPY, please see the additional instructions specific to that procedure.

General Instructions for Colonoscopy

THE DAY PRIOR TO YOUR PROCEDURE

ONLY CLEAR LIQUIDS ALL DAY LONG

SOUPS: Clear bouillon, broth or consume. You should be able to see clearly through the soup.

BEVERAGES: Kool-Aid™ (no red or purple), Gatorade™, all carbonated beverages are permitted, except red and purple, Water

JUICES: Apple, Strained Lemonade, Orange, or Grapefruit; NO Pulp

DESSERT: Water Ices, Italian Ices, Popsicles, Jello-O™, Hard Candy

NOTHING WITH ANY RED OR PURPLE COLORING AT ALL