**UNIVERSAL COLONOSCOPY PREP INSTRUCTIONS FOR SPLIT DOSE PREPS AS RECOMMENDED BY THE ASGE.**

***READ INSTRUCTION SHEET IN ITS ENTIRETY: FOR YOUR SAFETY, ANY INSTRUCTIONS NOT FOLLOWED MAY RESULT IN THE CANCELLATION OF YOUR PROCEDURE.***

**GENERAL INFO:**

1. You can expect to be at the facility for 2 hours from arrival time. TELL RIDE TO BE BACK BY THAT TIME AND BRING IN THEIR PHONE # WITH YOU.
2. The procedure is done with IV sedation, so you cannot drive after the procedure all day.
3. Someone should be expected to stay with you if you are unsteady on your feet.
4. Public transportation is not adequate, (no taxi, bus, uber or train, etc. without someone accompanying you to sign for you, or your procedure will be cancelled.
5. Do not use perfume, cologne, or any lotions the day of your procedure.
6. Wear easily removed clothing.

**OBTAINING YOUR PREPARATION:**

1. This portion pertains to all PRESCRIPTION PREPS.
2. You will get a prescription attached to your instructions to bring to the pharmacy to be filled. This should be provided to you by the scheduling dept or emailed to you using **MY CHART** or your email.
3. All the preps come with their own instructions however you are expected **to ONLY USE OUR INSTRUCTIONS WHEN PREPPING. YOU CANNOT EAT ANYTHING ON THE DAY PRIOR TO YOUR PROCEDURE!!!**

**ADJUSTING YOUR MEDICATIONS:**

1. You may continue your baby ASA (81mg).
2. **For Anticoagulants** (Blood thinners) (**COUMADIN/WARFARIN/PRADAXA/ XARELTO/ELIQUIS, /PLAVIX ETC)**- Our office will contact your cardiologist or PCP or whoever prescribes your blood thinner and ask how many days you must hold the medication prior to procedure. **IF THIS IS NOT HELD FOR THE APPROPRIATE PROCEDURE TIME YOUR PROCEDURE WILL BE CANCELLED. You must provide us the name of the Dr and the medication to be held so, we can get clearance.**
3. **INSULIN DEPENDENT DIABETICS:** PLEASE CONTACT YOUR ENDOCRINOLOGIST REGARDING HOW TO ADJUST YOUR INSULIN FOR THE DAY OF THE PREP AND DAY OF THE PROCEDURE**.**
4. **ALSO DO BLOOD GLUCOSE CHECKS DURING BOTH DAYS AND JUST BEFORE COMING IN.**
5. **DIABETIC PILLS-** DO NOT TAKE ANY DIABETIC PILLS THE DAY PRIOR TO PROCEDURE OR MORNING OF THE PROCEDURE. CHECK GLUCOSE PRIOR **TO** COMING IN.
6. **INHALER-** If you use an in haler, please bring it with you.
7. ***DO NOT STOP TAKING YOUR HEART, BLOOD PRESSURE, ANXIETY OR SEIZURE MEDS BEFORE COMING IN FOR YOUR PROCEDURE. TAKE THEM WITH A SIP OF WATER 2 HOURS PRIOR TO ARRIVAL IF YOU NORMALLY TAKE THEM IN THE AM. IF YOU TAKE THEM AT NIGHT THEN DO NOT SKIP THEM THE NIGHT BEFORE YOUR PROCEDURE*.**

**7 DAYS PRIOR TO YOUR PROCEDURE:**

1. **STOP** Ibuprofen/ Aleve/ Advil/ Naprosyn/ or any NSAID (non-steroidal anti-inflammatory).
2. **STOP** Iron pills, omega 3-, Vitamin E
3. **STOP** eating corn, nuts, or seeds. (If you can see the seed, avoid it).

**DAY BEFORE YOUR PROCEDURE:**

* **REMEMBER: NO SOLID FOODS OR DAIRY PRODUCTSTHE DAY PRIOR TO YOUR PROCEDURE OR THE DAY OF THE PROCEDURE.**

You are allowed to have large amounts of clear fluids, TODAY. Examples: chicken broth, apple juice, sprite, 7 up, ginger ale, tea, white grape juice and only 2 cups of black coffee. Jell-O, Italian ices, popsicles, and Gatorade must be clear, lemon lime or orange. Any elecytrolyte solution is acceptable. (NO RED or PURPLE)

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