

# DDA | DIGESTIVE DISEASE ASSOCIATES

## UNIVERSAL COLONOSCOPY PREP INSTRUCTIONS

**READ THIS 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 your ride to be back by that time. Please ensure that you have their phone # with you.
2. The procedure is done with IV sedation, so you cannot drive after the procedure all day.
3. Someone needs 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 preps: suprep/ sutabs/ miralax prep/clenpik
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 **MyChart** or your email.
3. All the preps come with their own instructions. Please disregard these instructions as we will provide you with our own instruction. **ONLY USE OUR INSTRUCTIONS WHEN PREPPING. You cannot eat anything the day prior to your procedure.**

### **ADJUSTING YOUR MEDICATIONS:**

1. You may continue your baby ASA (81mg).
2. **Anticoagulants (Coumadin/Pradaxa/Xarelto/Eloquis/Plavix etc).**
3. 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 the procedure. If this is not held for the appropriate time your procedure may be at risk of being cancelled. You will need to provide us with the

name of your doctor who prescribes the medication so we can get appropriate clearance from them.

4. **Insulin Dependent Diabetics** - Please contact your endocrinologist regarding how to adjust your insulin prior to your procedure as you cannot eat anything after midnight.
  - a. **Please check your blood glucose** prior to your arrival on the day of your procedure.
5. **Diabetic pills:** Do not take any diabetic pills the day of the procedure until you go home and eat.
  - a. **Please check your blood glucose** prior to your arrival on the day of your procedure.
6. **Inhaler-** If you use an inhaler, 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 AT LEAST 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)

#### **The day before your procedure:**

1. You are allowed to have large amounts of clear fluids the day before your procedure. 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 flavors).
2. A MyChart message will be sent to you 2-5 days prior to the procedure titled "Procedure Reminder" in the message section of MyChart.
3. If you have not received a MyChart message with your arrival time, please recheck. **Your arrival time is one hour prior to your scheduled procedure.**
4. Any questions, please call 203-481-7050 ext 23 and leave a message. Someone will contact you prior to your day of procedure.
5. Follow your laxative instructions on the next page.

**REMINDER: NO SOLID FOODS OR DAIRY PRODUCTS AFTER MIDNIGHT THE NIGHT PRIOR TO PROCEDURE. YOU MAY HAVE CLEAR LIQUIDS ONLY UP TO 4 HOURS PRIOR TO YOUR ARRIVAL TIME.**