

HOW TO PREPARE FOR YOUR COLONOSCOPY

A thorough colon cleansing before the procedure is key to its success.

- The best colon cleansing uses a split-dose preparation. This simply means you “split” the preparation into two different parts and take it depending on when your procedure is scheduled.
- There are a number of different colon cleansing preparations. The healthcare provider who orders your colonoscopy prescribes the one that is best for you. This is based on factors such as your medical condition and insurance coverage.

This guide has instructions for the following colon cleansing preparations:

- GoLytely, NuLYTELY
- Suprep
- Miralax/Gatorade
- ClinPiq

FIND AND FOLLOW THE INSTRUCTIONS FOR THE PREPARATION YOU ARE TOLD TO USE.

This guide also tells you other things to do before your colonoscopy. These are the same no matter which cleansing preparation you use. It tells you what you can eat and drink in the days before your procedure and gives you guidelines about sedation.

It is important to follow all the instructions in this guide. If you do not, your procedure will be delayed or rescheduled to another time.

If you have questions after you read this or are not sure how to prepare for your colonoscopy, please contact your healthcare provider.

SPECIAL INSTRUCTIONS FOR DIABETES AND BLOOD-THINNING MEDICATIONS

If you have diabetes:

- If you are diabetic, it is important to monitor your blood sugar while doing the bowel preparation. You should take ½ of your usual dose of insulin on prep day. You should not take any oral diabetic medications the evening before or the morning of your procedure. Please be sure to check your blood sugar at home at all meals, at bedtime and on the morning of your exam.

If you are taking blood-thinning medications:

- We need to see you in clinic if you are taking blood thinners prior to you having your procedure. Blood thinning medications affect clotting and bleeding. Both the healthcare provider who manages these medications and the provider doing your procedure will need to decide if your medications need to change. After the procedure, the providers will need to decide when to restart these medications.
- Examples of generic and brand name medications that affect blood thinning are: Warfarin (Coumadin, Jantoven), Clopidogrel (Plavix), Prasugrel (Effient), ticagrelor (Brilinta), ticlopidine (Ticlid), Cangrelor (Kengreal), Cilostazol (Pletal), Dabigatran (Pradaxa), Ribaroxaban (Xarelto), Apixaban (Eliquis), Edoxaban (Savaysa), Heparin, enoxaparin (Lovenox), dalteparin (Fragmin), fondaparinux (Arixtra), Aggrenox and Vorapaxar (Zontivity)