

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 2nd 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!