

# Colonoscopy General Instructions

Your procedure is scheduled on \_\_\_\_\_.

You will be contacted by a registered nurse from WVMC prior to your procedure to get an updated health history. You should receive a call the evening or the Friday before your procedure (starting after 5 p.m.) with a confirmed hospital arrival time.

**It is very important to follow these instructions exactly for a safe successful colonoscopy.**

**If instructions are not followed your colonoscopy may be cancelled.**

## Designated Driver

You will be receiving sedation for your procedure so you must have a designated driver to take you home. You should not drive, work or make any important decisions the day of the colonoscopy.

## Diet

Stop eating nuts or seeds 3 days before your procedure. The day before your procedure begin a clear liquid diet (no solid foods). The day of your procedure stop clear liquids 3 hours prior to hospital arrival time.

## Medications

Medications may need to be **stopped or adjusted** prior to your procedure.

Medications	Should be stopped
Coumadin (warfarin), Plavix (clopidogrel), Brilinta (ticagrelor), Aggrenox (aspirin/ dipyridamole), Ticlid (ticlopidine Hcl) and Iron Supplements	5 days before colonoscopy
Xarelto (rivaroxaban), Pradaxa (dabigatran etexilate), Eliquis (apixaban) and NSAIDS (Ibuprofen, Naproxen, Aleve, Advil or Motrin)	2 days before colonoscopy
Insulin, diabetic pills, diuretics and Digitalis	The morning of colonoscopy

Please take all other medications as prescribed by your physician with a small sip of water on the day of your colonoscopy. If you have any questions about stopping or adjusting medications please check with the physician performing the procedure.

**Diabetics:** Check your blood sugar 4 times while on a clear liquid diet. Recheck again the day of the procedure. If blood sugar is over 200, call the Special Procedure Unit for further instructions (503-435-6473).

## Day of Procedure

Please check in at the front of the hospital for your procedure at the designated time. Expect to be at the hospital for 2-3 hours.

**PLEASE FOLLOW THE MIRALAX AND GATORADE INSTRUCTIONS CAREFULLY ON THE NEXT PAGE**

**If you have any questions please call  
Willamette Valley Medical Center - Short Stay Services  
Monday to Friday 6am- 8pm  
(503) 435-6355**



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