UNIVERSITY GASTROENTEROLOGY
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PREPARING FOR A COLONOSCOPY

What is a Colonoscopy?

Colonoscopy is an endoscopic examination of the large bowel and part of the small bowel using a tiny video camera and a long, flexible tube called a colonoscope.

To ensure a successful exam, it's important you follow all instructions carefully. If you have questions call our office.

7 DAYS BEFORE YOUR PROCEDURE

- If you take blood thinners, discuss with your doctor or prescribing physician.
- Stop taking iron (ferrous sulfate, ferrous gluconate).
- Stop taking any form of fiber supplementation (Metamucil, Citrucel, Konsyl, Benefiber, etc.).
- Minimize intake of high-fiber foods with seeds and grains.
- If you have diabetes, speak with your primary care physician or endocrinologist about diet and medication instructions.
- If you take aspirin or NSAIDS such as Advil, Motrin, Celebrex or Ibuprofen, you may continue to take them as usual unless otherwise instructed by your physician.

ONE DAY BEFORE YOUR PROCEDURE

- Begin a clear liquid diet and DO NOT eat any solid food.
- DO NOT consume alcohol or any red or purple liquids.
- DO NOT eat or drink anything containing fruit or vegetable pulp/seeds, milk or cream, or anything that is NOT clear.
- Acceptable clear liquids include: water, tea, black coffee, apple juice, ginger ale, Sprite, 7UP, Gatorade, Powerade, Vitamin Water, Crystal Light.
- You MUST drink the bowel preparation as instructed by your physician. *(see our online video for different prep options)*

ON THE DAY OF YOUR PROCEDURE

- Stop drinking clear liquids 6 hours prior to your exam.
- Morning medications can be taken up to four hours before procedure with 4 oz of water.
- Bring a list of your current medications, including any over-the-counter medications, with you to the endoscopy cente.
- You MUST arrange for a ride home the day of you exam. If you fail to arrange acceptable transportation, your procedure will need to be rescheduled.
- You cannot work or drive the rest of the day after your procedure.

If you need to cancel or reschedule, please call as soon as possible.

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UEG University Endoscopy Group
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INFORMATIONAL VIDEO

Scan the QR code for more information on your colonoscopy prep, including an instructional video.