

Patient Instructions for Colonoscopy Preparation

To hear these instructions in English, Spanish, or Vietnamese, call 713-798-1121.

You are scheduled for a colonoscopy on _____ at _____.

You may need to stop taking these medications 5 DAYS BEFORE your test on _____ :

- | | |
|------------------------|---------------------------|
| Iron Pills | Persantine (dipyridamole) |
| Brilinta (ticagrelor) | Plavix (clopidogrel) |
| Coumadin (warfarin) | Pradaxa (dabigatran) |
| Effient (prasugrel) | Savaysa (edoxaban) |
| Eliquis (apixaban) | Ticlid (ticlopidine) |
| Fondaparinux (arixtra) | Xarelto (rivaroxaban) |

Check with the doctor or pharmacist who orders your medications to see if you can stop before the procedure.

The DAY BEFORE your test

DO NOT EAT ANY FOOD THE DAY BEFORE YOUR TEST. DRINK CLEAR LIQUIDS ALL DAY (nothing red or purple). IF YOU EAT YOU WILL NOT BE READY for the procedure and procedure will not be done. CLEAR LIQUIDS are any liquid you can see through: water, tea, apple juice, chicken broth, Sprite, Jello, Gatorade, Powerade, Ensure clear, popsicles without fruit or ice cream, coffee without creamer or milk.

1. Prepare the Golytely in the morning and keep it cold.
2. Drink clear liquids throughout the day.
3. Start drinking the Golytely at 6pm. You should finish HALF of it by 8pm.
4. Keep the rest of the Golytely cold until the next morning.
5. Golytely gives you diarrhea. Stay close to a toilet.
6. Continue to drink clear liquids until you start the next half of the Golytely in the morning.

DAY OF your test _____ :

1. DO NOT EAT FOOD, CHEW GUM OR EAT CANDY.
2. Start drinking the rest of the Golytely 4 hours before your appointment time, _____. Finish it 2 hours before your appointment time, _____. DO NOT DRINK ANYTHING ELSE.
3. Take your high blood pressure, seizure, or psychiatric drugs with sips of water.
4. IF you have DIABETES:

5. You MUST HAVE an adult with you to drive you home. You MUST HAVE an adult with you if you ride the bus, taxi, Uber, or arrange medical transportation.
6. NO EXCEPTIONS CAN BE MADE. THIS IS FOR YOUR SAFETY.
7. Plan to spend 1/2 of the day at the hospital.

AFTER your test:

- You may spend 30-60 minutes in the recovery room.
- You will get instructions on what to eat and which drugs to start taking or hold for a few days.
- You may have gas or bloating after the test. Pass gas to feel normal.
- Do not drive this day, sign legal documents, or operate heavy equipment.
- Have someone with you for 24 hours after the procedure.
- If you have stomach pain, bleeding, or any other unusual symptoms, please call:



To view a video with tips for preparing go to:
www.bcm.edu/cprit/colonoscopyprep