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**You are scheduled at Beebe Hospital for a colonoscopy on: \_\_\_/\_\_\_/\_\_\_ with Dr. \_\_\_\_\_**

Beebe Medical Center is located on 424 Savannah Road, Lewes, DE 19958 (parking garage entrance) for same day surgery.

Beebe will call you to schedule a covid test and any labs or testing that need to be done prior to your procedure. Beebe will also call you the day before your procedure between 1pm and 4pm to give you your arrival time.

If you need a clearance, permission to stop certain medications or other testing prior to the procedure, the office scheduler will request such clearance. Please make sure to follow up with any physicians we are requesting clearance from.

## Instructions for Your Colonoscopy

A thorough colon cleansing before the procedure is the key to identifying and removing precancerous lesions. The best colon cleansing preparations use a split-dose. This means you take the first dose the evening before the procedure and **the second dose the day of the procedure, 5 hours prior to your arrival time.** Colon-cleansing preparations cause frequent loose stools. If you find it hard to tolerate the taste of the solutions try refrigerating the solution, sucking on ice or a lemon or lime wedge, or drinking the solution through a straw. You may experience bloating, stomach cramps, nausea, and vomiting. You may also get chills, a headache and irritation of your rectal area. There are many different colon cleansing preparations. Your provider has prescribed the best one for your needs based on medical conditions and insurance coverage. It is important for you **to follow all the instructions in this guide, not the instructions in the medication's box.** If you do not, your procedure may be delayed or scheduled for another time. If you have questions after you read this or are not sure how to prepare for your colonoscopy, please call our office directly at (302) 645-6698.

**WEIGHT LOSS MEDICATIONS** (ie phentermine): Any weight loss medication (prescribed or over the counter) must be stopped **2 weeks prior to your procedure.** Please call our office if you need to reschedule your procedure.

# Eating and Drinking Instructions

## 7 days before your procedure

- If you take a blood thinner, use the guide below and information provided by the physician prescribing the medication regarding when to stop this specific medication
- Stop taking any iron supplements, such as ferrous sulfate or polysaccharide iron complex
- Stop eating popcorn, corn, beans, nuts, fruits with small seeds, tomatoes, and celery

## 1 day before your procedure

- Do not eat any solid foods
- Follow a clear liquid diet: tea, clear Gatorade, Sprite, 7up, ginger ale, apple juice, white grape juice, lemonade, clear broth, clear gelatin, clear popsicles – AVOID any red, blue, or purple colored items
- Do not eat or drink any dairy products
- Do not drink alcohol
- Do not smoke marijuana (recreational or medical) within 24 hours of your procedure
- Stop drinking all clear liquids at midnight. Only prep solutions and associated water or medications you have been instructed to take should be taken after midnight

## The day of your procedure

- Do not eat or drink anything except for prep solutions and associated water – **no candy, gum, mints, water, ice**
- Do not smoke cigarettes or use any tobacco products

## Special Instructions for Certain Medications

Typically, blood thinning medications, weight loss medications, narcotic pain medications, anti-anxiety medications, and medicinal marijuana as well as some diabetic medications/doses are **held prior to your procedure**. Below are some general instructions. Please refer to the specific instructions given to you by our office when your procedure was scheduled.

**DIABETIC MEDICATIONS:** If you have diabetes and take oral medication, take your regular dose in the morning the day before your procedure. If you take medication in the evening, take half of the normal dose. Do **not** take any diabetic medication the day of the procedure. If you are diabetic and take insulin or use an insulin pump, follow your physician’s specific directions.

**BLOOD THINNING MEDICATIONS:** Blood-thinning medications affect clotting and bleeding. Both the health care provider who manages these medications and the provider doing your procedure will need to decide if your medications need to change or be held prior to the procedure. Some common medications are listed in a table below. If you take one of these medications, be sure to check with our office regarding when to stop these medications.

Typically held for 2 days

Pradaxa (dabigatran)	Xarelto (rivaroxaban)	Eliquis (apixaban)	Lovenox (enoxaparin)
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Typically held for 5 days

Aspirin	Multivitamins	Vitamin E	Fish Oil	Ecotrin	Glucosamine
Aleve (naproxen)	NSAIDs (anti-inflammatory)	Motrin, Advil, ibuprofen	Celebrex	Heparin	Coumadin (Warfarin)
Plavix (clopidogrel)	Effient (prasugrel)	Pletal (cilostazol)	Ticlid (ticlopidine)	Brillinta (ticagrelor)	