

COLONOSCOPY GENERAL PREP INSTRUCTIONS

What to bring to your exam:

- An adult (18 years or older) to drive you home, or accompany you in an Uber/Taxi.
- Insurance card.
- A list of all medications that you are taking, including over the counter meds and supplements.

If managing your blood thinner has not been addressed with you already, check with the scheduling office at least one week before your exam if you (We advise you to hold most of these from 3-7 days):

- Take Coumadin (warfarin), Xarelto, Pradaxa, Eliquis, or other blood thinning medications.
- Take Plavix, Brilinta or Aggrenox, or any other antiplatelet medications.

If you take aspirin for heart protection and/or stroke prevention, DO NOT stop taking it.

****If you are taking any of the weight loss/diabetic medications such as Ozempic, Monjouro, Wegovy , or any others, you must stop those a full 7 days prior to your procedure as they increase the risk of aspiration during the procedure.****

At least 5 days before your colonoscopy:

- Review the bowel prep instructions.
- Fill your prescription for your bowel prep. Prescriptions may not be sent over to your pharmacy until within 7-10 days of your procedure so that the pharmacy does not re-shelve it.
- Plan your ride home. (Make sure you have a driver).

3 days before your colonoscopy:

- Start a low residue diet. (See low residue diet instruction sheet.)
- Stop iron and fiber supplements.

2 days before your colonoscopy:

- Stay on the low residue diet.

The day before the procedure:

- Follow a clear liquid diet. (See clear liquid diet instructions.)
- Follow the instructions for the specific prep **that was prescribed for you**. Instructions can be found for each prep under the Prep Instructions tab.
- Follow the instructions that were provided by the scheduling department, **NOT** the instructions included in the Prep kit. (These may conflict with each other)

Please call the office scheduling department during regular business hours for any questions

479-582-7280, Option 1 Monday-Friday 6:45am-3:30pm