

SPOKANE GASTROENTEROLOGY

Colonoscopy OR Colonoscopy with Upper Endoscopy (EGD)

Preparation Instructions

IMPORTANT: Please review these instructions as soon as you receive them so that you can be properly prepared for your procedure. For best results, follow these instructions as closely as possible. Poor preparation could result in an inadequate exam that may need to be repeated. **If you are taking blood thinners or are diabetic, please contact our office (509-456-5433) to discuss medication adjustments as soon as possible.**

7 Days Prior to Procedure Day

- **Food to avoid eating:**
 - Nuts, seeds, corn (including popcorn), whole grains, fruits and vegetables with peels or seeds.
 - Stop taking oral iron and fish oil supplements.
 - Pick up your Colon Preparation Kit from your pharmacy.
 - Confirm your arrangements for transportation home following the procedure.
 - Taxi or public transportation is **NOT** acceptable, unless you have an adult at least 18 years of age who will come to our facility, sign and accompany you home.
 - Following your procedure, you will not be able to sign legal documents, drive, operate equipment, drink alcohol or take sedatives for the remainder of the day.
-

One Day Prior to Procedure Day

- **Before 4pm:**
 - Continue to eat/ drink any of the foods below EXCEPT those with **RED DYE**.
 - **Food:** White bread, plain bagel (No whole grains, seeds, nuts), white rice, milk, dairy, skinless chicken breast, white fish, eggs, smooth peanut butter.
 - **Drink:** Apple, pear white grape, lemonade juice; chicken, beef, vegetable broth; ginger ale, 7-UP, Cola soft drinks; Jell-O, black coffee, tea, popsicles, sports drink.
 - **After 4pm:**
 - Stop **ALL** solid food.
 - Begin preparation for the procedure no later than 6PM following the instructions provided with the Preparation Kit.
 - Bowel Prep will be consumed in two parts (PM and AM) refer to the instructions provided.
 - Continue clear liquids. This will flush the laxative out of your intestine and allow you to rest.
-

Procedure Day

- Drink **ONLY** clear liquids and take regularly prescribed medications unless instructed otherwise.
- Begin the second half of the colonoscopy preparation at least 4 hours prior to scheduled procedure time.
- Stop all oral intake including clear fluids 2 hours prior to the scheduled procedure time.
- No chewing gum or tobacco.
- Bring with you:
 - ID/Driver License, insurance card(s)
 - Form of payment if cash paying.
 - List of your current medications.
 - The signed **Patient Information Letter** (or be prepared to sign it before the procedure).

YOU NEED TO HAVE A DRIVER TO TAKE YOU HOME.