Instructions For The Week Before Your Procedure

7 days before: Date _________________
- Review the prep instructions you received
- Contact your doctor if you are taking Coumadin, Heparin, Plavix or other blood thinners. Verify it is OK to hold these medications up to five (5) days before your procedure
- Contact your doctor if you are diabetic and you are taking insulin and/or oral medications. Your doctor may need to adjust your medication
- Make plans for your ride home. You cannot drive yourself home or take a bus, taxi or van service. You must leave with another adult. If you do not have a proper ride home, your procedure will be cancelled

5 days before: Date _________________
- DO NOT EAT: Nuts, seeds, popcorn, corn or peas
- STOP: All fiber supplements (ex. Metamucil®, Citrucel, Fiberall, FiberCon, Benefiber®)
- STOP: Iron supplements (It is OK to take daily vitamins with iron)

1 day before: Date ______________________
- Clear liquid diet only. Follow “Clear Liquid Diet” sheet provided. No solid food is allowed or your procedure will be cancelled
- Prepare your prep early today to allow it to get cold. Follow the instructions on “Preparing for your Colonoscopy”

Day of procedure: Date: __________________________
- You may take regularly scheduled prescriptions with the exception of blood thinners and diabetic medications
- You may drink clear liquids up to two (2) hours before your procedure
- Nothing by mouth two (2) hours before your procedure
- Be prepared to let us know your transportation arrangements. This will be confirmed on admission to the GI Diagnostic Lab
- Your admission, procedure and recovery will take approximately two hours

IMPORTANT: If your bowel movements are brown or you do not have results from your prep; please call the GI Lab 262-798-7770 during normal hours (Monday-Friday, 7:15 a.m.-3:45 p.m.) and ask to speak with a nurse. Weekdays after 3:45 p.m. and on weekends call the Access Center at 414-805-6700. They can contact your provider, who can make adjustments to your prep.