



Advanced Gastroenterology & Hepatology Associates

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HERNDON SURGERY CENTER WILL CALL WITH YOUR ARRIVAL TIME

Procedure at Herndon Surgery Center

Colonoscopy Instructions

Things to Remember:

- Please wear comfortable clothing
- Do not wear jewelry or bring any valuables or money
- You can anticipate spending an average of 2.5 to 4 hours within the department
- Please bring your ID, insurance card, and/or information on the day of procedure
- You **MUST** have someone who will be available to provide transportation for you on your procedure day. A taxi, bus, or Uber **DOES NOT APPLY**. Failure to have transportation arrangements could result in cancellation of your procedure.

Seven Days Before:

- Stop taking aspirin or aspirin-containing medications unless instructed otherwise. **Low-dose aspirin (81 mg) is okay to continue until the day before the procedure.**
- Stop taking iron supplements. Iron in multivitamins is okay to continue until the day of the procedure.

Three Days Before:

- Stop taking non-steroidal anti-inflammatory medications (NSAIDs) such as Advil, Motrin, Ibuprofen, Aleve, Celebrex, or Naproxen. **Tylenol (acetaminophen) products are okay to take prior to procedure.**
- Avoid eating food with seeds or kernels such as cucumbers, squash, watermelon, and corn until after your procedure

One Day Before:

- Start clear liquid diet. No solid food allowed.
- Take first dose of preparation in evening

On the Day of Procedure:

- Take 2nd Dose of preparation at least 5 hours prior to procedure

Blood-Thinning Medications: If you are taking any of the following medications - Coumadin (Warfarin), Heparin, Lovenox, Plavix, Pradaxa or Effiant, consult your PCP, cardiologist, or Coumadin Clinic Pharmacist prior to your procedure. We require instructions from your doctor if these medications need to be stopped prior to your procedure and for how long you need to be off of them.

Diabetic Patients: Please discuss any adjustment of your medication with your Primary Care Physician. If you take your diabetic medications while not consuming enough calories, your blood sugar may drop to dangerously low levels. Please hold your diabetic medications/insulin injections the morning of your procedure.

Other Medications: Please continue to take all of your prescription medications as prescribed, unless you are given specific instructions by a healthcare provider to stop a certain medication before your procedure. This includes medications for blood pressure/heart/hypertension, asthma, acid reflux, psychiatric, depression, pain, and thyroid, as well as many others. You may also take these medications the day of the procedure with a small sip of water only. **Hold all vitamin/mineral supplements on the day of the procedure.** You may resume them that evening or the next day.

Importance of a Good Prep:

- Research has shown that a split-dosage regimen gives markedly superior cleansing results over the non-split dosage regimen.
- A colonoscopy prep may cause the body to lose a significant amount of fluid and can result in sickness due to dehydration. It's important that you prepare your body by drinking extra clear liquids before the prep. Stay hydrated by drinking all required clear liquids during the prep.
- A poor preparation results in an incomplete exam where lesions could be missed and that may require a repeat colonoscopy. It can also make it more difficult to, or result in, a failure to detect cancers and/or pre-cancerous polyps.
- Your bowel movements should be clear, yellow water with no solid stool particles for a successful colonoscopy.

****Failure to follow the instructions could result in cancellation of your procedure.****

| CLEAR LIQUID DIET | |
|---|---|
| OK TO TAKE | AVOID THESE |
| <ul style="list-style-type: none"> ● Water ● Tea/Black coffee without any milk, cream, or sweetener ● Flavored water without red or purple dye ● Clear, light colored juices such as apple, white grape, lemonade without pulp, and white cranberry ● Clear broth including chicken, beef, and vegetable ● Soda ● Sports drinks such as Gatorade and Propel (light colors only) ● Popsicles without fruit or cream; no red or purple dye ● Jello-O or other gelatin without fruit; no red or purple dye ● Boost Breeze Tropical Juice drink | <ul style="list-style-type: none"> ● Alcoholic beverages ● Milk ● Smoothies ● Milkshakes ● Cream ● Orange juice ● Grapefruit juice ● Tomato juice ● Soup (other than clear broth) ● Cooked cereal ● Juice, Popsicles, or gelatins with red or purple dye ● Corn |