



Your procedure is scheduled on _____ with Dr. _____

Your arrival time: _____ Time of exam: _____

GI lab location: _____

Please refer to the following Checklist for Colonoscopy for specific time sensitive instructions related to your upcoming procedure. Failure to follow these instructions will result in your procedure needing to be rescheduled.

1. This procedure requires sedation and a ride home must be arranged. You will not be allowed to leave by bus, cab, or walking unless you have another adult accompanying you. The colonoscopy takes about 30 minutes. You will be at the hospital or clinic one hour prior to your exam and approximately one hour after your exam. Plan to be at the GI Lab for 2.5 to 3 hours.
2. Do not take any aspirin or aspirin containing products, MultiVitamin, NSAIDs including: ibuprofen, arthritis medications, fish oil or iron for 5 days before your procedure. Tylenol is OK to take. If you use any inhalers for respiratory problems please bring these with you to the hospital. Also, please bring a list of your current medications with doses.
3. If you are diabetic, please talk with your doctor about how to adjust your medications.
4. If you take Coumadin (warfarin)/Plavix/Blood Thinning Medications – you need to be off for 2-3 days prior to the procedure. You will need to contact your physician to get approval for this. If you take Coumadin/Warfarin a blood level (INR) must be drawn the day before your procedure. An INR may be drawn at the procedure appointment if your test will be performed at a hospital.
5. After the procedure, you should plan to go home and spend a few hours resting. There are not typically any diet restrictions, but a light meal is suggested for your first food following your procedure. You are not allowed to drive, return to work/school activities, use equipment or machinery that could harm you, or sign legal documents for 12 hours after sedation. No alcohol should be consumed for 24 hours. You should refrain from smoking for 12 hours unless supervised to prevent harm to yourself or your household.

If you have any questions regarding these instructions, please call 414-226-4020