

## PREPARATION FOR COLONOSCOPY PROCEDURES

**Procedure Date:** \_\_\_\_\_ **Check in:** \_\_\_\_\_ **Procedure Time:** \_\_\_\_\_

**STOP ALL ASPIRIN, BLOOD THINNERS (ex: Coumadin), FISH OILS, NUT/SEED USE AT LEAST 7 DAYS PRIOR TO YOUR PROCEDURE.**

Tylenol is acceptable. You may **CONTINUE** to take blood pressure or heart medication with only a sip of water on the day of your prep and morning of your procedure, unless otherwise instructed. Please call our office with any questions regarding your medications.

### DAY BEFORE PROCEDURE

As soon as you wake up, you will consume **CLEAR LIQUIDS ONLY**, no solids. Examples of clear liquids: coffee or tea without cream, soda pop, Jello, popsicles, clear juices, and broth. **DO NOT** consume liquids with red dye, milk or soy products. Once you started your bowel prep you **MUST** stop all clear liquids!

\*After the prep, you may continue to drink water up until 6 HOURS PRIOR to your procedure time 'unless' otherwise instructed by the office.

Upon discharge, you must be check-out to an adult 18 years of age or older. **NO TAXIS OR BUSES.** Your ride **MUST** personally come in and check you out. No exceptions!

**\*\*\*Overlake Hospital Admitting will contact you sometime in the week prior to your procedure to confirm your arrival and procedure time. The time they give you is your confirmed time. This could be different than the time given in the office. Due to cancellations and changes we will always try and keep the time as close as possible\*\*\***

Thank you for your cooperation.

**If you have any questions, please contact us at our office 425.688.1916**