

## Colonoscopy Instructions Dr. Ye/Dr. Dietz/Dr. Hubl/Dr. Heinrichs/Dr. Blatny

Your Colonoscopy is scheduled for: \_\_\_\_\_ at: \_\_\_\_\_

Get your over the counter medications: Dulcolax tablets and Miralax. Stock up on clear liquids.

### 7 DAYS BEFORE YOUR COLONOSCOPY:

1. STOP TAKING ASPIRIN, PLAVIX, VITAMIN E, COUMADIN, AND ANY OTHER BLOOD THINNERS.

### THE DAY BEFORE YOUR COLONOSCOPY:

1. Do not eat any solid foods or milk products. Drink clear liquids only. (Such as jello, broth, Gatorade, apple juice, tea, water, and black coffee.)
2. Avoid red jello, tomato juice, and orange juice.
3. Drink at least an 8 oz. glass of clear liquids every hour while awake.
4. At 10:00 am take 4 Dulcolax laxative tablets and follow with an 8 oz. glass of water or apple juice. Dulcolax tablets are an over the counter medication.
5. At 1:00 pm mix 64 oz. of any clear liquid with a bottle of Miralax (238 grams). Miralax is an over the counter medication. Drink this mixture in 2-3 hours.
6. Do not eat or drink anything after midnight.

### INSTRUCTIONS FOR THE DAY OF YOUR COLONOSCOPY:

1. You should not eat or drink anything.
2. Bring a list of your current medications.

### ADDITIONAL INSTRUCTIONS:

1. The surgery staff will call you with instructions and time of your procedure.
2. Be prepared to stay 3-4 hours.
3. You will need someone to drive you home after the procedure.
4. If you have any questions call the Surgery Department at 402-768-4644. If you are unable to reach the Surgery Department call the hospital at 402-768-6041.

Medication information on back.

## **DO NOT TAKE THE MORNING OF SURGERY:**

### **ACE INHIBITORS**

- Benazepril (Lotensin)
- Captopril
- Enalapril (Vasotec)
- Fosinopril (Monopril)
- Lisinopril (Prinivil, Zestril)
- Moexipril (Univasc)
- Perindopril (Aceon) - Quinapril (Accupril)
- Ramipril (Altace)
- Trandolapril (Mavik)

### **ARBs-ANGIOTENSIN II**

- Azilsartan (Edarbi)
- Candesartan (Atacand)
- Eprosartan (Teveten)
- Irbesartan (Avapro)
- Losartan (Cozaar)
- Olmesartan (Benicar)
- Telmisartan (Micardic)
- Valsartan (Diovan)

**\*Beta Blockers and Calcium Channel Blockers are OK to take the morning of surgery with a sip of water**