

Adult Gastroenterology Associates Colonoscopy General Prep Instructions

What to bring to your exam:

- An adult (18 years or older) to drive you home.
- Insurance card.
- A list of all medications that you are taking, including over the counter meds and supplements.

Check with your doctor at least one week before your exam if you (We advise you to hold 3-5days):

- Take Coumadin (warfarin), Xarelto, Pradaxa, Eliquis, or other blood thinning medications.
- Take Plavix, Brilinta or Aggrenox, or any other antiplatelet medications.

If you take aspirin for heart protection and/or stroke prevention, DO NOT stop taking it.

At least 5 days before your colonoscopy:

- Review the bowel prep instructions.
- Fill your prescription for your bowel prep.
- Buy simethicone anti-gas chewable or soft gels such as Gas-X or Mylanta Gas or Maalox anti-gas.
- Plan your ride home. (Make sure you have a driver).

3 days before your colonoscopy:

- Start a low residue diet. (See low residue diet instruction sheet.)
- Stop iron and fiber supplements.

2 days before your colonoscopy:

- Stay on the low residue diet.

The day before the procedure:

- Follow a clear liquid diet. (See clear liquid diet instructions.)
- Follow the instructions for the specific prep that was prescribed for you.
- Follow the instructions that were provided by your doctor, NOT the instructions included in the prep kit. (These may conflict with each other.)

Please call the office during regular business hours for any questions
918-438-7050, M-Thurs 8:00am – 4:30pm, Friday 8:00am-3:00pm