

Northwest Gastroenterology Specialists

Colonoscopy Information

Colonoscopy Evaluation:

- The Colonoscopy Procedure involves the use of a flexible viewing device to examine the colon for any:
- Inflammation of the lining
- Abnormal growth of tissues (polyps, tumors)
- Check for Ulcers
- You will be sedated during the procedure
- Most commonly, there is no recollection of the procedure
- Biopsies may be taken, and any small growths may be removed

Some Risks included:

- Bleeding
- Infection
- Perforation
- Breathing problems

Important Facts to know:

- Do not take any over the counter pain relievers/blood thinners such as, Ibuprofen (Advil), Naproxen (Aleve), etc. for 3 days prior to the procedure. **Tylenol and Aspirin are OKAY.**
 - If on **Coumadin, Warfarin, or Plavix**, please stop 5 days prior to your procedure if approved by your Cardiologist and Primary Care team.
 - If on **Pradaxa, Eliquis, or Xarelto**, please stop these 48 hours prior to your procedure.
 - If you are unable to stop these medications, please contact our office ASAP.
- If on Insulin or Oral Diabetic medications- take medications the morning of your prep day, do not take any the evening of your prep day or the morning of your procedure.
- You may take your regular medications the day before your procedure.
- Please **do not take**- Vitamin E, Vitamin A, Fish Oil, or Flaxseed 3 days prior to your procedure.
- The morning of your procedure do not take any medications except blood pressure, heart, seizure, or asthma medications. Take these with a sip of water.
- You must have a friend or family member, whom is a responsible driver with a valid driver's license, drive you home after your procedure.
 - The hospital will not release you to a bus, taxi, Uber, or Lyft unless you have a responsible adult to ride with you home from the procedure.
 - Your ride will be confirmed before the procedure is done.
- **On the day before your procedure all meals must consist of clear liquids only.**
 - You may have as much clear liquid as you would like up until midnight the night prior to your procedure.
 - Generally, any liquid that you can see through is considered clear
- If you are a smoker, please do not smoke the day of your procedure.

CLEAR LIQUID DIET

The clear liquid diet should be followed the entire day before your procedure. This diet provides fluid that leave little residue and are easily absorbed with minimal digestive activity. This diet is inadequate in all essential nutrients and is recommended only if clear liquids are temporarily needed. **NO RED, ORANGE, OR PURPLE.**

Food Group	Foods Allowed	Foods to Avoid
Milk & Beverages	Tea (Decaffeinated or regular), carbonated beverages, fruit flavored drinks (sports drinks)	Milk and beverages containing milk (including non-dairy milks such as, coconut milk, almond milk, soy milk, etc.)
Meats and Meat Substitutes	None	All
Vegetables	None	All
Fruits & Fruit Juices	Strained fruit juices: apples, white grape, lemonade	Fruit juices with unstrained fruit
Grains & Starches	None	All
Soups	Clear broth, Consommé	All others
Desserts	Clear flavored gelatin, popsicles (no red, orange, or purple flavors)	All others
Fats	None	All
Miscellaneous	Sugar, honey, syrup, clear hard candy, salt	All others

The following is an example diet to follow:

Breakfast: 4oz. White Grape Juice, 6 oz. Clear Broth, gelatin, Tea

Lunch: 4oz. Apple Juice, 6 oz. Clear Broth, gelatin, Tea

Dinner: 4oz. Lemonade, 6 oz. Clear Broth, Gelatin

Centura Health Physician Group



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