

Colonoscopy with Upper Endoscopy: Before Your Exam

7 DAYS BEFORE your exam:

- You need to arrange for someone to bring you, stay with you, and drive you home after the procedure. For your own safety, you will not be able to drive yourself home or for the remainder of the day. You may not take a taxi, an online ride-sharing service, a bus, or public transportation (unless you have another adult with you).
- If you take a blood thinner please call the Anticoagulation Clinic at 303-739-4900 TODAY** for instructions on how to safely stop and restart the medication around the exam.
- If you are unsure if you take a blood thinner, please call 303-649-5300 and press option 2 to talk with a nurse.**
- If you take Plavix® (Clopidogrel), Ticlid® (Ticlopidine), Effient® (Prasugrel), or Brilinta® (Ticagrelor):** Ask the doctor who prescribed it if you can stop. If you can NOT stop, call us at 303-649-5300 and press option 2 for a nurse.
- You **may** continue taking **Aspirin, ibuprofen** (like Advil® or Motrin®) or **any other nonsteroidal medication.**
- If you are pregnant or have a defibrillator, call us at 303-649-5300 and press option 1.

5 DAYS BEFORE your exam:

- Confirm your ride.
- If you need to cancel your appointment, call the GI department, 303-649-5300, press option 1.**
- For best results stop eating seeds, popcorn, nuts, and whole grains. **If you accidentally eat these foods please call the GI department, 303-649-5300, press option 2.**
- Review the diet you need to follow.

2 DAYS BEFORE your exam:

- Drink at least 8 glasses of water throughout the day.

1 DAY BEFORE your exam:

- 7:00 a.m.: Start a strict, clear liquid, non-alcoholic diet. If you put a liquid in a clear glass, and you can see through it, it is OK to drink. A clear liquid diet can include: -Apple, white grape, and white cranberry juices -Beef or chicken broths that are clear -Tea and coffee without milk -Soda pop, Gatorade, Kool-Aid and various Jell-O flavors (any color except red, purple, blue, or orange).
- If you are taking **Coumadin® (warfarin)**, complete your Protime draw.
- Avoid: juices with pulp, milk, cream, and solid food.
- Add water to **fill** line near the top of the 1 gallon jug. Shake well until the powder is dissolved and put the container in the refrigerator for later today.
- 6:00 p.m.: Drink 8 glasses of the laxative (GaviLyte) liquid - 1, 2, 3, 4, 5, 6, 7, 8. Drink one full glass (8 oz.) about every 15 minutes. Try to drink a full glass at a time.
- Put the rest of the GaviLyte in the refrigerator for tomorrow morning.
- 8:00 p.m.: Take two, 5 mg Dulcolax (bisacodyl) tablets and two chewable Simethicone.
- Continue to drink clear liquids as desired, **but do not eat any solid food.**
- The laxative (GaviLyte) liquid will cause you to have many bowel movements. If you have problems completing this preparation, call 303-338-4545.

ON THE DAY OF your exam:

- If you take blood pressure, heart, pain, or anti-anxiety medication, please take as regularly scheduled.
- Drink 8 more glasses of the GaviLyte-C- 1, 2, 3, 4, 5, 6, 7, 8. Finish at least 2 hours before your exam.
- Take two more Chewable Simethicone.
- You may have clear liquids until 6 hours before the procedure (except for the GaviLyte- finish 2 hours before the exam).
- Output should be clear yellowish fluid.
- Bring your escort/driver with you to your appointment.
- Bring your insurance cards, photo ID, and a method of payment for your procedure copayment.
- Do not bring any valuables.