



GENERAL INSTRUCTIONS FOR COLONOSCOPY

Please read all the instructions at least **ONE WEEK** before your scheduled procedure so you can be adequately prepared. Please arrive 15 minutes prior to your appointment. If questions regarding your appointment or preparation, call 701-356-1001.

Nothing to eat or drink 2 hours before the procedure and that includes water, coffee and medications.

To ensure you are comfortable and relaxed during the procedure, intravenous sedation medication will be given. **YOU MAY NOT DRIVE HOME AFTER YOU RECEIVE SEDATION.**

Our highest priority is performing the most careful and safest examination possible for each patient. Although we strive to remain on schedule, please understand that performing a procedure may take longer for some patients than others. As a result, your procedure may not be performed at the exact time you were scheduled. We ask for your patience and that you **allow at least 1 to 3 hours for your visit.** Usually it takes 15-20 minutes to get you ready, 30-40 minutes for the procedure itself and another 20-30 minutes for you to wake up afterwards and be able to go home.

SPECIAL MEDICATION INSTRUCTIONS

Please bring a list of all your current prescribed medications with you the day of the procedure. If you are on **blood thinner medications** (such as Coumadin, Plavix, Aggrenox, Xarelto, Eliquis, Lovenox or others) ask your prescribing clinician for specific instructions. These medications may need to be discontinued a few days prior to your procedure.

You may **continue taking all other prescribed medications** or natural supplements as usual. Except Iron supplements which we recommend you to stop five days before the procedure. You do not need to stop aspirin or any NSAIDS (such as Motrin, Ibuprofen, Naproxen, Advil or Aleve). If you have any questions about your medications, call your prescribing physician.

DIABETIC PATIENTS

If you are on **Insulin** please call your prescribing clinician as Insulin dose may need to be adjusted. Typically, we recommend that you do not take your **oral glycemic agent** on the day of your procedure and bring it with you to take after the procedure.

Check your blood sugar level while taking the bowel preparation solution and the morning of your procedure. To prevent low blood sugar during the bowel preparation, it is important to drink protein. A good source is clear chicken or beef broth. Keep glucose tablets (available over the counter in the diabetic supplies at any pharmacy) on hand for sudden drops of blood sugar.