

Pre-Colonoscopy Instructions

Date of Colonoscopy: _____

Time of Colonoscopy: _____

Location: Glacier Medical Associates 1111 Baker Ave. Whitefish MT 59937 **862-2515**

Dear: _____

You are scheduled for a colonoscopy with Dr. Jennie Eckstrom/ Dr. Dan Munzing

Instructions:

Avoid all NSAID (non-steroidal anti-inflammatory) medications 5 days prior to procedure. Example: Aspirin, Ibuprofen, Aleve, Meloxicam.

Continue all your other regularly scheduled medications including the ones you would take the morning of your examination with a sip of water unless specifically instructed otherwise. If you are a diabetic please bring in your testing equipment the day of your procedure & contact your primary physician for instruction regarding insulin requirements.

Remain on a clear liquid diet the entire day before the procedure.

“**CLEAR LIQUIDS**” include: hard candy, strained juiced without pulp (apple, white grape, not tomato), water, clear bouillon, black coffee or tea (without milk or non-dairy creamer), soda pop, Gatorade, jello, and popsicles. **Remember- Avoid red or purple colored liquids. No dairy products, solid foods or alcohol of any kind.**

Day of Procedure

You will be receiving a sedative for the procedure.

You will be unable to drive and will need to arrange for transportation with a responsible adult. This person cannot be a cab driver or any other transportation service. The adult should be someone who intends to accompany you into your home and remain with you for a reasonable amount of time.

You will be unable to drive, drink alcohol, operate machinery or sign legal documents for at least 24 hours after receiving medications.

You will be at the clinic approximately 1-1.5 hours.

Remove all metal jewelry prior to your procedure.

Special Instructions

Begin clear liquids the day prior to procedure; Begin the bowel prep at 4pm the day before procedure. You will take half at 4pm and then the other half 4 hours prior to your procedure appointment time. This

solution can be drank cold if you prefer. Instructions are included in the kit. You can purchase this solution at the pharmacy of your choice. This prescription will be called in

to your pharmacy. Pick up the prep at least a week prior to the procedure. Nothing by mouth within 4 hours of the procedure other than prep.