

# Getting Ready for Your Upper Endoscopy and Colonoscopy

## SEVEN DAYS BEFORE YOUR PROCEDURE

- **Call your pharmacy** to make sure there is a prescription for your preparation. You will need to get this prescription at least seven days before your scheduled procedure.
- **Arrange a ride.** You **MUST** have a responsible adult drive you home or be responsible for you on public transportation. *You cannot leave the hospital without being in the care of a responsible adult to see you safely to your home.* There can be no exceptions and your procedure may be cancelled if you do not have an adult to take you home. This person does not need to stay at the hospital while you have your procedure, but should stay within fifteen minutes of the hospital after you are dropped off. **Your estimated time of stay will be two hours** from time of registration to discharge.
- **Stop eating foods with seeds and nuts until after your procedure.** This includes foods that have nuts or seeds on them such as bagels, cucumbers, tomatoes, bread and popcorn.

Medication	Recommendation
<b>Aspirin</b>	Continue to take.
<b>Blood Thinners:</b> Warfarin (Coumadin), Dabigatran (Pradaxa) Heparin, Edoxaban (Savaysa), Apixaban (Eliquis), Clopidogrel (Plavix), Rivaroxaban (Xarelto), Enoxaparin (Lovenox), Prasugrel (Effient), Ticagrelor (Brilinta), Fondaparinux (Arixtra), Dipyridamole (Aggrenox).	<b>Call the person who prescribed this medication</b> to ask how you should take them before and after your procedure. You may have to stop taking them.
<b>Insulin and Diabetes medications</b>	<b>Call the person who prescribed</b> this medication to ask how you should take them before and after your procedure.
<b>Herbal Supplements and Iron pills:</b> Ferrous sulfate, Ferrous Gluconate, Ferrous Fumarate	Stop seven days prior
<b>MAOIs:</b> Rasagiline, Selegiline, Phenzelzine, Tranylcypromine	Call 802-847-8865 to let us know you take this medication.
<b>Antacids:</b> TUMS, Roloids, Milk of Magnesia, Sucralfate or Carafate, Mylanta, Alka Seltzer, Maalox, Gaviscon or anything stomach coating.	Stop taking 24 hours prior to your procedure.
<b>Acid Reducers:</b> Omeprazole, Prilosec, Pantoprazole, Protonix, Esomeprazole, Newium, Lansoprazole, Prevacid, Rabeprazole, Aciphex, Ranitidine, Zantac, Famotidine, Pepcid	Continue to take.

## TWO DAYS BEFORE YOUR PROCEDURE.

- **Two days** before your procedure, **do not eat** anything after your dinner.

## ONE DAY BEFORE YOUR PROCEDURE

- **Do not eat any food today** except popsicles that are NOT red or purple.
- At **4 pm**, mix the Golytely powder with one gallon of water and refrigerate. **Do not follow the instructions on the Golytely bottle.** You may add plain Lemonade Flavored Crystal Light and/or the flavoring that came with the preparation to the entire gallon or to each individual glass. You can also freeze it and make it into a slushy.
- It is important to split the prep into two parts. You will drink half the night before your procedure and the second half the morning of your procedure.
- At **6:00 pm** start drinking an eight (8) ounce glass of the prep solution every 15 minutes until you have finished the first half of the preparation. It may take awhile for the prep to start to work—drinking additional approved—see below—fluid will help. Do not stop drinking the prep until you have finished all of the first half.
- Drink as much water in addition to the preparation as you can tolerate to help flush out your colon. You may also drink as much of the “Okay” liquids below, as you like.
- If you become nauseated, stop drinking the prep for 30 minutes and then start again until you have finished half of the preparation.
- Using a straw or eating a popsicle right before drinking the prep can help.
- You can also apply Desitin or Vaseline to your bottom as it may become sore.
- Take your regular medications as prescribed unless asked not to do so for this procedure. **Stop taking antacids 24 hours before your procedure.** See the list of antacids on the front page.

Okay	Not Okay
<ul style="list-style-type: none"><li>• Apple Juice</li><li>• White Grape or Cranberry Juice</li><li>• Ginger ale</li><li>• Powerade, Gatorade or Crystal Light that are not red or purple</li><li>• Black coffee</li><li>• Black tea</li><li>• Kool Aid that is not red or purple</li></ul>	<ul style="list-style-type: none"><li>• Anything red or purple</li><li>• Milk, Ice Cream, Cream</li><li>• Juices with pulp</li><li>• Broth</li><li>• Jello</li><li>• Alcohol</li><li>• Gum</li><li>• Anything not on the “okay” list</li></ul> <p><b>NO FOOD AT ALL</b></p>

# THE DAY OF YOUR COLONOSCOPY

## Before leaving home:

- **Do not eat anything**, including candy or gum.
- You may take your regular medications with sips of water at **6 am**.
- **Five hours** before your procedure time, **start to drink the second half of the preparation**. Drink eight ounces every 15 minutes. Try to finish all of it within two hours. You must finish **ALL** of the preparation, even if your stool is clear before you finish drinking. The goal is for your poop to look like urine. If your bowel is not cleared out your procedure may be cancelled.
- You may drink **ONLY** water, apple juice or clear sports drinks that are not red or purple, however, **you must completely stop drinking all liquids 3 hours before your procedure time**.
- Leave all your jewelry and valuables at home.
- Bring a list of the medications you take.

## When you arrive:

- Go to the UVM Medical Center registration desk on Level III ACC **one hour** prior to your procedure time.
- Have your driver park in the garage if staying in the waiting room. Your driver is not required to stay but must be available to **PICK YOU UP ONE HOUR AFTER** your scheduled procedure time. We recommend that person stays within 15 minutes of the hospital after dropping you off. Our phone number is 802-847-9255 should your driver need to contact us. Again, if you do not have an adult to assist you home either by vehicle or public transportation, your procedure may be cancelled.
- **You will not be able to** drive, work, operate equipment or sign legal paperwork for the remainder of the day.

**Questions about the colonoscopy preparation or procedure?** Call 802-847-9255  
or go to our website at:

[www.uvmhealth.org/medcenter/conditions-and-treatments/colonoscopy](http://www.uvmhealth.org/medcenter/conditions-and-treatments/colonoscopy)

**Need to Reschedule?** Call 802-847-8865



UVMHealth.org/MedCenter