



Colonoscopy Bowel Prep Instructions

3 - 7 Days Prior to Procedure

In order to have a successful procedure, you must follow the prep instructions EXACTLY. We are here to help; please call us at 636-561-5450 if you have any questions.

A prescription was sent to your pharmacy. Please pick up the medication and have it ready to take starting the day before your procedure. If you do not pick up your prescription shortly after scheduling, the pharmacy may place a hold requiring you to call ahead and have the order released.

If you have not spoken to a nurse at the Endoscopy Center to review your health history, please call us at 636-561-5450.

Seven Days Prior to the Procedure

If you have been taking **iron supplements or multivitamins** that contain iron, discontinue them one week prior to your procedure.

Three Days Prior to the Procedure

Anticoagulant prescriptions such as Coumadin, Xarelto, Pradaxa, Effient, Brilinta, Eliquis and/or Plavix, we have specific instructions regarding these medications. If you have not been given specific information regarding these medications, contact the office immediately for instructions. You will need to obtain approval from the prescribing physician to discontinue your anticoagulant.

Low Fiber Diet - Begin and continue a low fiber diet until after your procedure is over. Low fiber foods include meats, eggs, dairy products, white rice, white breads, white pastas, cooked fruits and limited portions of well cooked vegetables.

Foods to Avoid: beans, brown rice, raw fruits, raw vegetables, nuts, seeds, corn and popcorn.