



Watertown Regional Medical Center –
General Surgery Clinic
123 Hospital Drive, Suite 2000
Watertown, WI 53098
920.206.3042

Colonoscopy Information

WRMC Centralized scheduling will call you to set up a pre-admission testing (PAT) phone call appointment. This call will come from 920 262 4298.

My PAT Appointment time is: _____

You will receive a phone call within a **one hour window** of this scheduled time.

It is important that you are not distracted during this appointment. You will receive instructions on preparation including diet, medication changes, and arrival time.

Please have a list of current allergies, medications, and diagnosed medical conditions prepared prior to your phone call with PAT. During your PAT phone call, please complete the following:

1. Colonoscopy scheduled with Dr. _____
2. Date of colonoscopy: _____
3. Hospital arrival time: _____
4. Time to finish drinking bowel prep liquid: _____
5. Medications to **stop** prior to colonoscopy, with date each should be stopped:

Please consult your prescribing provider to verify it is safe to temporarily discontinue any medications you are instructed to stop.

Important:

- You will need a ride to and from the hospital the day of your colonoscopy, please arrange this ahead of time.

- Any consumption of solid food the day before or day of colonoscopy will result in poor bowel preparation and procedure cancellation.

Preparing for your colonoscopy

One week before colonoscopy

You may be instructed to temporarily stop certain medications during your colonoscopy preparation. This time frame is typically between 3-7 days prior to your procedure.

Medications to discontinue 7 days prior to colonoscopy:

- Aspirin
- Pletal (Cilostazol), Plavix (Clopidogrel)
- Ibuprofen, Advil, Naproxen, Excedrin, Aleve, Motrin, Celebrex, Diclofenac
- Weight loss medications including Ozempic and Phentermine
- Vitamins and supplements

Five days before colonoscopy

Please refrain from eating corn and seed containing foods such as flax, quinoa, and blackberries.

Medications to stop 5 days prior to colonoscopy:

- Coumadin (Warfarin)
 - Note: If you take this medication, please contact your prescribing provider to inquire if “bridging” will be required.

Three days before colonoscopy

Medications to stop 3 days before your colonoscopy:

- Eliquis (Apixaban), Effient (Prasugrel), Xarelto (Rivaroxaban), Pradaxa (Dabigatran), Brillinta (Ticagrelor)

Please confirm that a family member or friend is available to drive you to and from your colonoscopy and remain with you for two hours afterward.

Two days before colonoscopy

Read instructions on mixing your Miralax based prep. Read the attached clear liquid diet guide for permitted foods during your colonoscopy preparation.

Important: If you experience constipation, please begin following a clear liquid diet 48 hours prior to colonoscopy.

One day before colonoscopy

This is your *prep day*, please follow the dietary instructions indicated below:

- Drink **only** clear liquids provided on the attached *clear liquid diet* sheet.
 - Avoid liquids colored red or purple for both your clear liquid diet and prep mixture.
- Do **not** eat solid foods, this will result in colonoscopy cancellation.

At **6:00 PM**, you will start drinking your Miralax prep:

- Mix the *entire bottle* of Miralax received from your pharmacy with **one gallon** of liquid, this can be anything on the *clear liquid diet* sheet
 - Again, avoid liquids colored red or purple
 - Gatorade is recommended
 - You may mix this earlier in the day and place in the refrigerator to help the Miralax dissolve more completely

You will be drinking one half of the prep liquid the night before your colonoscopy, and the second half the morning of.

- Drink 8 ounces of prep every 10 to 15 minutes, try to drink quickly rather than sipping.
- Drink half of the gallon prep mixture one day before your procedure, store the second half in the refrigerator until the day of your colonoscopy.

Important: If your colonoscopy is scheduled at or before 9:00 AM, please drink the entire gallon of prep liquid the night before your colonoscopy.

Medications to stop one day before colonoscopy:

- Lisinopril (Zestril, Prinivil), Benazepril (Lotensin), Captopril, Enalapril (Vasotec), Losartan (Cozaar), Valsartan (Diovan), Olmesartan (Benicar), Candesartan (Atacand)
- Insulin: Take ½ dose the evening before your colonoscopy, hold all insulin the morning of your procedure
- Metformin: Take ½ dose the evening before your colonoscopy, hold the day of your procedure

Day of colonoscopy

Resume your prep starting approximately 5 hours before your arrival to the hospital:

- Drink an 8 ounce glass every 10 to 15 minutes, same as the previous evening
- You must finish drinking the prep liquid **3.5 hours** prior to your scheduled arrival at the hospital.
- You may also drink **clear, noncarbonated** liquids up until **one hour** prior to arrival. Please do not drink soda or carbonation the day of your procedure.

You must have someone to take you home after your colonoscopy, please plan ahead for a ride.

After your colonoscopy

You will receive discharge paperwork with instructions on when to resume any medications temporarily stopped prior to the procedure.

You may resume a normal diet (as tolerated) after your colonoscopy.

Do not drive, work, or operate heavy machinery until the day after your colonoscopy.

You will be notified of any biopsy results from your procedure in 7-14 days by a phone call.

Clear Liquid Diet for colonoscopy preparation

One day before and the day of your colonoscopy you will be on a *clear liquid diet*. Starting the day before your procedure, **do not eat any solid food** until after your colonoscopy.

OK to drink:

- Water
- Tea and black coffee **without** any cream, milk, or lightener
- Flavored water without red or purple dye
- Clear, light colored juices such as apple, white grape, lemonade without pulp, and white cranberry
- Clear broth including chicken, beef, or vegetable
- Sports drinks such as gatorade or propel
- Popsicles without fruit or cream
- Jello or other gelatin without fruit
- Powdered drinks such as kool-aid or crystal light
- Soda - OK on prep day, please do not drink the day of your colonoscopy

Avoid these drinks:

- Alcoholic beverages
- Milk
- Smoothies
- Milkshakes
- Cream
- Orange juice
- Grapefruit juice



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- Tomato juice
- Soup other than clear broth
- Cooked cereal
- Gum, hard candy, suckers
- Anything with **red or purple coloring** such as juice, popsicles, sports drinks, or gelatins

The morning of your colonoscopy, please follow the same *clear liquid diet*, while drinking the second half of your prep mixture. You must finish drinking your prep at least **3.5 hours** prior to your scheduled hospital arrival time.