

## 10 DAYS BEFORE YOUR PROCEDURE

**PLEASE READ DIRECTIONS CAREFULLY AT LEAST 10 DAYS BEFORE YOUR PROCEDURE.**

Read each question. If you answer YES to any of the following, read the directions indicated below the medications question. Please call your gastroenterologist, if you have any questions about your medications.

### ARE YOU TAKING ANTI-PLATELET or BLOOD THINNER MEDICATIONS?

<b>EXAMPLES of commonly prescribed medications</b>	warfarin (Coumadin®)	dalteparin (Fragmin®)	tinzaparin (Innohep®)	enoxaparin (Lovenox®)
clopidogrel (Plavix®)	cilostazol (Pletal®)	dabigatran (Pradaxa®)	apixaban (Eliquis®)	rivaroxaban (Xarelto®)
aspirin/dipyridamole (Aggrenox®)	prasugrel (Effient®)	ticagrelor (Brillinta®)	edoxaban (Savaysa®)	Heparin

Ask the doctor who prescribed the medication to you when you can stop taking it. There are other medications that may not be listed – check with your doctor if you are not certain. It's important that you do not stop these medications on your own without consulting with your prescribing physician first. Depending on your clinical situation, you may be advised to stop these medications for 1-10 days before your procedure, or not to stop them at all.

**DO YOU HAVE AN AICD\* or ANY CARDIAC ISSUES?** If you have any of the following, a clearance letter from your cardiologist is required at least 2 days before the procedure.

<b>AICD</b> stands for <b>A</b> utomatic <b>I</b> mplantable <b>C</b> ardioverter <b>D</b> efibrillator. We will need to know the make and model of the device.	Cardiac issues are events, such as chest pain, trouble breathing that is new or worse, or if you have fainted in the past 6 weeks.
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**DO YOU HAVE DIABETES?** Please let us know so that we may advise you on whether or not you will need to stop your medication before your procedure. Diabetics taking insulin or pills should check with their doctor regarding this medication. In general, the insulin dose should be decreased the evening prior to the procedure, but not stopped.

✓ Ask the doctor who prescribes your diabetes medication what you should do the day before and the morning of your procedure. Tell your doctor you will be drinking a sugar-free, clear liquid diet the day before your procedure.

\*\* If you take metformin or a medication that contains metformin, do not take it the day before or the day of your procedure.

### **5 DAYS BEFORE THE PROCEDURE**

- Avoid eating** seeds, corn, popcorn, or fruits/vegetables with many seeds (like cucumbers, tomatoes, strawberries). These foods are hard to digest, do not easily clear out of your colon, and will make it difficult for your doctor to adequately visualize the colon. The seeds can also clog the colonoscope.
- Purchase your bowel prep. **If your pharmacy does not have your prescription order, please call 650-725-8117 immediately.**
- You may buy a variety of clear liquids. Please see "The Day Before Your Procedure" instructions for the list.
- You may buy baby wipes (alcohol and fragrance free) or A&D ointment, Desitin cream, or petrolatum jelly to minimize any anal irritation.
- Make sure you have someone who can drive you on the day of your procedure. See the "Day of Your Procedure" for more information.

**If you have any questions about the preparation instructions, or need to change or cancel this appointment, please call us at 650-725-8117.**