



Colonoscopy Preparation FAQs

Why do I need to avoid supplements one week prior to my procedure? What types of supplements does this include?

All dietary supplements should be stopped one week before your procedure to help reduce the risk of increased bleeding, avoid any interference with sedation or anesthesia, and ensure the best possible preparation for your procedure. Dietary supplements include vitamins, minerals, herbal products and over-the-counter health supplements.

If you've taken supplements in the week prior to your procedure, don't worry. Refrain from ingesting any more supplements and give our office a call at **425-899-2040, option 2 – choose the option for the provider you are scheduled with.**

Examples of supplements include Vitamin B, C, D, E, multivitamins, fiber supplements (Metamucil, Benefiber, etc.), magnesium, melatonin, calcium, iron, Omega-3, probiotics, zinc, turmeric, etc.

Why can't I take Ibuprofen/NSAID's? What can I take if I am having pain?

You should stop taking non-steroidal anti-inflammatory drugs (NSAIDs) one week prior to procedures because they cause an increased risk of bleeding, gastrointestinal irritation and kidney strain.

Examples of NSAIDs include Ibuprofen, Advil, Motrin, Aleve, Aspirin (81 mg Aspirin for cardiovascular patients is OK)

You may take Tylenol (Acetaminophen) if you are having pain leading up to your procedure unless you have been instructed by a healthcare provider to avoid acetaminophen.

Can I take my usual medications the morning of my procedure?

You may take your medications in the morning with a small sip of water, except for any medications your doctor has specifically instructed you **NOT** to take. These medications are identified in your pre-procedure instructions. Most often, these instructions can be found in your MyChart.

If you are on blood pressure medications, please be sure to take these as usual unless you were instructed by our office not to take them.

You will receive a phone call from our pre-operative department about a week before your procedure to review your specific medications.

How do I know if my colon is cleaned out?

When your colon is cleaned out, your bowel movements will be a yellow or clear liquid only, with no stool particles, similar to the appearance of urine.

How long will my procedure last?

The procedure itself is usually 30 minutes or less. The total time you will be at the hospital will be about two hours, with procedure check-in and recovery.

Do I really need to drink all of the laxative prep?

Yes! Please finish the entire dose as instructed. The colon requires a lot of liquid to clean it out, as it is several feet long. If you do not drink the entire prep, you run the risk of having residual stool in your colon, which affects the doctor's ability to see and remove polyps that may be present. If this occurs, you may have to repeat the procedure.

When can I expect the laxative to start working?

Bowel movements often occur within about an hour of starting the laxative but can take several hours to occur. Bowel movements will begin to loosen and continue for 1-8 hours following completion of the laxative. You may experience a sensation of bloating or nausea due to a large volume of fluid. This is temporary and should resolve once bowel movements begin.

I take a blood thinner. Should I stop this before the procedure?

Please discuss your blood thinner medications with the prescribing provider. They will make specific recommendations regarding holding your blood thinner.

Common blood thinners include:

Apixiban (Eliquis)	72 hours
Rivaroxaban (Xarelto)	72 hours
Warfarin (Coumadin)	4 days
Clopidogrel (Plavix)	7 days
Prasugrel (Effient)	7 days
Ticagrelor (Brilinta)	7 days
Fondaparinux	4 days

NOTE: 81 mg Aspirin is OK

If you have specific questions about any of the above information, questions about your prep, are having difficulty with your prep, or you have specific questions about your procedure, please contact the office of the provider you are scheduled with at 425-899-2040, option 2.