



## **FIVE DAYS PRIOR TO YOUR PROCEDURE:**

- Pickup your bowel prep kit at the pharmacy several days prior to your scheduled appointment to allow for any questions you may have to be clarified.
- You may continue to take your normal dose of all aspirin and anti-inflammatory medications including ibuprofen, Motrin, Aleve, naproxen, Naprosyn, sulindac, piroxicam, Feldene, indomethacin, diclofenac, and Voltaren, and Tylenol (acetaminophen).
- If you are taking Coumadin, Plavix (clopidogrel), Pradaxa or other blood thinners, please contact our office to determine if and when you need to stop these medications. An office visit is required prior to procedure to discuss these anticoagulants.
- Stop all fiber supplements including Metamucil, Citrucel, Benefiber, FiberChoice and flax seeds.
- If you are diabetic and use insulin, please contact our office for insulin instructions.
- Please call our office if you have any questions about which medications you should or should not take.
- 3 days prior to your exam, avoid nuts and seeds.

**If you feel nauseous at any time while taking your prep try to drink more slowly, using a straw can help.**

**After completing the bowel preparation, your stools should be watery and fairly clear. Please contact our endoscopy department if your stools are not watery or you are concerned with the results of the preparation.**

**Meridian Endoscopy Center 208-695-2100**

**Boise Endoscopy Center 208-342-7169**

**After Hours: 208-343-6458**

## **THE DAY OF THE PROCEDURE:**

- **DO NOT take anything by mouth for 4 hours prior to your procedure.**
- Take your usual prescribed medications with small sips of water. If you are on anti-inflammatory medications or blood thinners please see instructions above.
- **Please bring a list of your current medications and correct dosage to your appointment.**
- **NO DRIVING** – Because of the sedatives that you will be given **you cannot drive for the remainder of the day**. You may use a taxi after the procedure. You must have someone present to drive you home after the procedure or we may cancel your exam.
- You will be sedated for your procedure. Please plan to avoid making important decisions for the remainder of the day after your procedure.
- **We cannot be responsible for your valuables. Please leave them at home.**
- **Do bring a photo ID and copy of your insurance card.**