

# Job Jacob, MD

## Colonoscopy Instructions

- Stop any full strength aspirin, ibuprofen (Advil, Motrin), or anti-inflammatory medications (Aleve) 5 days before the procedure. If you take any blood thinners, (Plavix, Coumadin, Warfarin, Aggrenox, etc.) we ask that you stop these 5 days prior to the procedure. Tylenol is ok. Please contact the prescribing physician for clearance of stopping these medications.
- Stop all diabetic medications AND insulin the NIGHT BEFORE AND MORNING OF procedure.
- All other medications may be taken the morning of the procedure with enough water to get them swallowed.
- Consume a clear liquid diet 1 day before the procedure.
- Nothing to eat or drink after midnight the night before the procedure. Nothing to eat or drink the morning of the procedure EXCEPT the last dose of the bowel prep *if* you are split dosing.
- You will need a driver the day of the procedure. The driver must remain at the facility the ENTIRE TIME of the procedure.
- If you cannot keep your appointment, please call our office. We have a 72 business hour cancellation policy, failure to do so will result in \$150.00 fee, not payable by insurance.
- Contact our office if you have any questions: 501-513-2628

Thank you

Procedure Date \_\_\_\_\_

Check in Time \_\_\_\_\_

Check in location: CRMC Building 3, *1st Floor* (501-932-3356)

Patient Signature \_\_\_\_\_ Date: \_\_\_\_\_

## Clear Liquid Diet

Food or drinks are considered “clear” if you can hold them up to the light and see the light through them.

You can consume “food” or drinks with color, as long as they are not *red, purple or blue*. These colors can stain the colon.

**We recommend you drink at least 8 oz of liquid every hour while on the clear liquid diet.**

The following is a suggested list of “clear” foods or drinks. If you have a question about an item that is not on the following list, please call us at 501-513-2628

- Water
- Kool-Aid (no red, purple, or blue)
- Popsicles (no red, purple, or blue)
- Jell-O (no red, purple, or blue)
- Beef or Chicken Broth (no noodles or meat)
- Gatorade (no red, purple, or blue)
- Powerade (no red, purple, or blue)
- White Grape Juice
- Apple Juice
- Lemonade (*not frozen or with pulp*)
- Black Coffee with/without sweetener (*no cream*)
- Tea
- Clear Soft Drinks (no dark colas)
- Clear Hard Candy

### NO DAIRY OR DAIRY CONTAINING PRODUCTS

You must notify our office **72 business hours** prior to your procedure if you need to cancel or reschedule. Failure to notify us in adequate time will result in a **\$150.00** cancellation fee.

Contact our office with any questions: **501-513-2628**