

# Colonoscopy Prep Instructions

Patient name: \_\_\_\_\_

Date: \_\_\_\_\_

Arrival Time: \_\_\_\_\_

Provider: \_\_\_\_\_

**UPMC Shadyside**

5200 Centre Ave.  
Pittsburgh, PA 15232

Park in the South Aiken Street garage and report to the GI laboratory on the first floor of the East Wing of the UPMC Shadyside. Bring your parking ticket for reduced parking validation.

Phone: 412-621-7777

**UPMC Digestive Health and Endoscopy Center**

1000 Integrity Drive, Suite 110  
Pittsburgh, PA 15235  
Phone: 412-342-0036

**Free Parking**

**UPMC South Hills Surgery Center**

1300 Oxford Drive  
Bethel Park, PA 15102  
Phone: 412-851-8762

**Free Parking**

**UPMC East**

2775 Mosside Blvd., Second Floor  
Monroeville, PA 15146  
Phone: 412-357-3400

**Free Parking**

**UPMC West Mifflin Surgery Center**

275 Clairton Blvd.  
West Mifflin, PA 15236  
Phone: 412-650-2900

**Free Parking**

# Colonoscopy Prep Instructions

The success of your procedure depends on full completion of your prep. A successful prep means your bowel movements should be clear or yellow.

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## 14 DAYS BEFORE PROCEDURE

Discontinue any weight loss medications/dietary aids.

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## 7 DAYS BEFORE PROCEDURE

Discontinue any herbs or supplements (echinacea, flax seed, garlic, ginkgo, ginseng, glucosamine chondroitin, fish oil, saw palmetto, occuvite or preservision).

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## 3 DAYS BEFORE PROCEDURE

**Discontinue:** Aspirin, Ibuprofen, or any non-steroid pain relievers, Vitamin E, fiber, and blood thinners (Xarelto, Plavix, coumadin, etc.). Please get your prescribing doctor's permission to hold these medications for three (3) days prior to your procedure.

**Diabetes medications:** Please discuss with your prescribing physician how you will need to take your medication while prepping for your procedure.

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## DAY OF PROCEDURE

Only heart, seizure, neurological, and blood pressure medications can be taken the morning of your procedure with a small sip of water.

Please bring your photo ID and insurance card.

Refrain from wearing jewelry or contact lenses when coming in for your procedure.

**DO NOT USE any recreational drugs/medical marijuana the day of your procedure.**

You will be receiving intravenous sedation. You will be instructed to refrain from driving for 24 hours after your procedure.

You **MUST** have a friend or relative accompany you to and from the procedure. If you do not have an escort with you, your procedure will be **CANCELLED!**

Be sure to call us in advance if your insurance changes. We may need to obtain prior authorization/approval from your insurance company.

If you are unable to keep your appointment, you **MUST** call ASAP.

**No shows/short-term cancellations may result in delayed reschedules.**