

Othello Community Hospital - Colonoscopy Instructions

Get a Ride:

- Because you will receive sedation during your procedure, you will need to **arrange for a responsible person, 18 years old or older, to give you a ride on the day of your procedure.** You may not drive yourself or walk home. If a taxi or public transportation service is used, you must be accompanied by a responsible adult. **Not having a ride to take you home will result in us having to cancel your procedure.** There are no exceptions to this. If your ride plans to leave the facility during the procedure, they must supply a working cell phone number which we can use to contact them.

Food, Drink and Smoking:

- You will need to **only drink clear liquids and no solid foods for the whole day before your procedure.** Please see the attached sheet for more information.
- **After midnight, the night before your procedure, please stop drinking fluids.** You may take very small sips of water if absolutely necessary (do not exceed four ounces) but nothing may go into your mouth for the two hours before your check in time.
- **No smoking, chewing tobacco, or drinking alcoholic for at least 24 hours before and 24 hours after your colonoscopy.**

Medications and Supplements:

- NSAIDS are a type of medication that help relieve pain but also thin your blood. These can be dangerous to take before a colonoscopy. Examples include **aspirin, ibuprofen and Aleve. Please do not take these for the five days leading up to your colonoscopy.** A baby aspirin, which is an 81mg aspirin, is ok to continue taking.
- **If you are taking vitamin E, you will need to stop this five days before your procedure.** Please discuss other supplements with your nurse during your pre-operative phone call.
- Please make sure to follow the medication instructions that your nurse provides for you during your pre-procedure phone call. He or she will let you know if there are any of your specific prescription medications that are ok to take on the morning of the procedure. Most medications will need to be skipped that morning.

Other:

- **Leave all valuables at home.**
- **Wear loose, comfy clothing and shoes that slip on and off.**
- **Do not wear contact lenses, jewelry, makeup, false lashes, lotions or perfumes.**
- **All females, ages 10-55 will require a urine pregnancy test.** This will be collected during the admission process. Those who have had a hysterectomy are excluded.

Still have questions?

Call us at 509-488-2636. Leave a message and we will get back to you.