

Kellen Jex, MD
Board Certified in
Gastroenterology/
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Colonoscopy Procedure Information

Patient Name: _____

DOB _____

DAY BEFORE PROCEDURE:

Do not eat solid foods. Only consume clear liquids throughout the day. Start prep at 5:00 pm. Do not eat or drink after midnight EXCEPT FOR the second dose of your bowel prep (see instructions).

DAY OF PROCEDURE:

You will take the second dose of your bowel prep starting FIVE hours before your scheduled procedure time (see instructions).

*Take your morning medications, if any, with a sip of water.

*If you use an inhaler, take a treatment the morning of your procedure.

*If you are a diabetic, please call your primary care provider for dosage changes at least by the day before the procedure.

*** If you take BLOOD THINNERS, it is VERY IMPORTANT to inform Dr. Jex so a plan can be made to either stop or continue these medications leading up to your procedure.**

BLOOD THINNERS include but are not limited to:

- Coumadin (Warfarin)
- Eliquis (Apixaban)
- Xarelto (Rivaroxaban)
- Plavix (Clopidogrel)
- Pletal (Cilostazol)

If you take any of the other following medications, hold these injections for two weeks prior to your procedure:

- Ozempic
- Semaglutide
- Wegovy
- Mounjaro
- Liraglutide
- Tirzepatide

Other Important Considerations:

- **If you take INSULIN, you need to discuss this with your primary care provider before the day of your procedure.**
- **HOLD NSAIDS for SEVEN days prior to your scheduled procedure. YOU MAY NEED TO HOLD ASPIRIN; HOWEVER, please let our staff know if you have had a HEART ATTACK or STROKE. YOU MAY NEED TO CONTINUE YOUR ASPIRIN FOR YOUR PROCEDURE.**
- **DO NOT TAKE IRON PILLS FOR ONE WEEK LEADING UP TO YOUR PROCEDURE.**