

## Colonoscopy FAQ's

### Food Questions

- Q: May I eat peanut butter or any nut butter?  
A: Yes, as long as there are no visible signs of seeds or nuts.
- Q: May I have maple syrup?  
A: Yes
- Q: May I eat crackers?  
A: Yes, as long as there are no visible signs of seeds or nuts.

### Clear Liquid Questions

- Q: What is a clear liquid?  
A: Water, clear broth, bouillon, fruit juices without pulp. **NOTHING RED OR PURPLE.** Orange colored items are fine.
- Q: Are carbonated drinks ok?  
A: Yes, however the carbonation can cause gas pains. You may want to have an alternative clear liquid on hand just in case.
- Q: Is alcohol allowed the day before my procedure?  
A: No. We do not want you to have any alcohol the day before your procedure.

### Medication Questions

- Q: Do I need to stop taking any of my medications?  
A: If you are on any prescription blood thinning medications such as Coumadin, Plavix, Xarelto, etc., you will need to stop taking them **5 DAYS PRIOR.**
- Q: Are my blood pressure medications considered a blood thinner?  
A: No. Please continue to take your blood pressure medications as you normally do.
- Q: May I take my regular medications?  
A: Other than blood thinners as listed above, please take your prescriptions like you normally do. **IF YOU ARE DIABETIC** please **DO NOT TAKE** the morning dose of your diabetic medication.
- Q: May I take my vitamins and supplements?  
A: You will need to stop taking any oil supplements (Vitamin E, Vitamin D, Fish Oil, Flax Seed, Flax Oil, etc.) medications such as Coumadin, Plavix, Xarelto, etc., you will need to stop taking them **5 DAYS PRIOR.**
- Q: May I take aspirin?  
A: You will need to stop taking any aspirin and baby aspirin **5 DAYS PRIOR.** It is okay for you to take acetaminophen (Tylenol) and ibuprofen (Advil, Motrin).