

FISHERS DIGESTIVE CARE  
ANIL YAKHMI, M.D.

Colonoscopy Preparation

Checklist

Follow the instructions for colonoscopy prep with Miralax/Gatorade, Golytely or Vesicol/Osmo from the prep sheets.

- If you take a blood thinner like Aspirin, Coumadin or Plavix, please let us know.
- Stop Coumadin 5 days, Aspirin and Plavix 7 days prior to your procedure after checking with your family physician/cardiologist.
- Check with Dr. Yakhmi/Our office before restarting these medications.
- Do not take insulin or anti-diabetes medications the morning of your colonoscopy. Let your doctor know about your medications.
- Bring your medications with you on the day of the procedure so that you can take them after the procedure.
- Let the doctor know if you could be pregnant. This procedure could be unsafe for pregnant women
- Stop iron tablets 5 days prior to colonoscopy.
- **Do not eat or drink after midnight the night before the test (except for the prep).**
- **Arrive at least one (1) hour before your scheduled time to allow for pre-procedure preparations.**
- You must have someone drive you home after the procedure (spouse, parent, child, relative, or friend). You cannot take a cab, bus, limo, bike, or walk.

Your Appointment

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

Location: \_\_\_\_\_

Procedure Time: \_\_\_\_\_

Report to Outpatient  
Registration No Later Than: \_\_\_\_\_

It is imperative that you give at least twenty-four (24) hour notice if you cannot make your appointment. Time is set aside for this procedure and with the doctor. If an emergency should arise, we will try to rearrange your procedure time. If you have any questions regarding your procedure, contact us at our office phone (317)-415-9277

Less than twenty-four hour notice will result in a cancellation fee, unless in an emergency-type situation.

**Please call our office at (317) 415-9277 to confirm receipt of these instructions.**

*Fishers Office:* 13914 E St Rd 238 #208, Fishers, IN 46037 (317) 415-9277 *Fax:* (317) 415-9280  
*Greenfield Office:* One Memorial Sq., Suite 200, Greenfield, IN 46140 (317) 467-0681