



Prep Instructions for COLONOSCOPY

Important Information

- Notify the office if you have gone to the **ER** since seen in the office or are undergoing a **cardiac** (heart) evaluation.
- Notify your doctor immediately if you are taking **blood thinners** (Coumadin, Plavix, Xarelto, etc.) for additional instructions.
- You will be sedated for this procedure and **will not** be allowed to drive yourself home nor can you take a cab, bus or Uber.
- Please have ride contact information with you.
- Bring socks and wear comfortable clothing, but please leave valuables and all jewelry at home.
- Cell phones are not allowed in patient care areas.
- Drink 100% of the prep. If you have difficulty with the prep, experience nausea or vomiting, contact your physician's office.
- Expect multiple bowel movements. Remain close to toilet facilities.
- If you have any questions, please call your physician's office at the number listed below. We are available 24/7.

Instructions for your Procedure

- ❖ The Entire **Day Before** the Procedure:
 - NO SOLID FOOD ALL DAY!
 - Have only clear liquids (see below). No milk or milk products allowed.
 - Drink plenty of water and clear liquids all day long.
- ❖ The **Evening Prior** to the Procedure:
 - Take the first half of the prep.
 - Continue drinking plenty of clear liquids.
- ❖ The **Morning of** the Procedure:
 - Take the second half of the prep. Follow with plenty of water. You must finish the prep and all clear liquids at least 2 hours before your scheduled procedure.
 - **Stop water, all liquids, gum or mints within 2 hours of procedure time.**
 - Take blood pressure, heart, lung and anti-seizure medications with a small sip of water 2 hours prior to arrival time.
 - Do not take blood thinners or diabetes medication the day of the procedure.

Clear Liquids

- ❖ **Allowed:**
 - Water, clear broth, bouillon.
 - Fruit juice without pulp such as apple or white grape.
 - Ginger ale, black coffee or tea without milk or non-dairy creamer.
 - Gatorade, lemonade, soft drinks, Kool-aid, plain Jello, ice Popsicles (any flavor except those colored red).
- ❖ **Not Allowed:**
 - Any beverage you cannot see through.
 - Dairy products such as milk, hot cocoa, ice cream, buttermilk or ice cream.
 - Fruit smoothies, apple sauce, nectars, prune, tomato, vegetable or any other fruit juices with pulp.