

COLONOSCOPY PREPARATION

ALL "BLOOD THINNING" MEDICATIONS (i.e. Aspirin, Motrin, Ibuprofen, Naprosyn, Coumadin, Warfarin, Plavix, Fish Oil, etc.) SHOULD BE STOPPED SEVEN (7) DAYS PRIOR TO YOUR COLONOSCOPY. If not, call your physician.

1. CLEAR LIQUID DIET

Begin clear liquid diet listed below on the day before your colonoscopy after a light breakfast.

- Coffee, decaffeinated coffee (no milk or cream)
- Tea, herbal tea
- Carbonated beverages (soft drinks), regular and sugar free
- Gelatin dessert, plain or fruit flavored (No red gelatin)
- Apple juice, white grape juice,
- Gatorade, kool-aid, lemonade, limeade
- Clear fat free beef or chicken broth
- Bouillon, clear consommé
- Snowball (water ice flavored) popsicles
- Hard candy, sugar, salt

2. BOWEL PREP

Follow Bowel Prep Instruction sheet for either MiraLax prep, Suprep or Pill Prep as given to you by your doctor.

SPECIAL INSTRUCTIONS

STOP ALL ASPIRIN AND ASPIRIN-CONTAINING MEDICATIONS SEVEN (7) DAYS PRIOR TO COLONOSCOPY. ABSOLUTELY NOTHING TO EAT OR DRINK AFTER MIDNIGHT PRIOR TO YOUR PROCEDURE. Please leave all jewelry at home. No jewelry can be worn during this procedure. All patients must have an adult available to accompany them home. Patients are unable to use public conveyance, ie Uber/Lyft or bus without an adult to accompany them. You will need to plan to stay one to two hours following the colonoscopy; however, the doctor will determine the length of your stay. The doctor will communicate this to you, your family, and the holding area nurse after your colonoscopy. Bring a book!

Report to designated testing area for colonoscopy on _____ at _____.

You must have someone bring you to your colonoscopy, stay during the procedure and drive you home. If no one arrives with you, your colonoscopy will be rescheduled. If you eat or drink anything the day of your colonoscopy, your colonoscopy will be rescheduled.

