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## COLONOSCOPY PREPARATION INSTRUCTIONS

The day BEFORE your procedure:

**DO NOT FOLLOW BOX INSTRUCTIONS**

**YOU WILL BE ON A CLEAR LIQUID DIET ALL DAY**

**ABSOLUTELY NO SOLID FOOD**

*PLEASE BE SURE TO DRINK AS MUCH CLEAR LIQUIDS AS YOU CAN THROUGHOUT THE DAY (**THE MORE THE BETTER!**) IF YOU DO NOT HAVE LIQUIDS IN YOUR SYSTEM THE BOWEL PREP WILL NOT BE EFFECTIVE!*

The following is a **list of clear liquids** you may have throughout the day:

Lemonade or Limeade  
Gatorade, Propel, Kool-Aid, Crystal Light  
Tea: Iced, Hot, or Green Teas  
Ginger Ale, Sprite, 7up, Italian Soda  
White Grape, White Cranberry, Apple Juice

Chicken, Beef or Vegetable Broth  
(no noodles or vegetables, broth only)  
Jello , Clear popsicles, Ices  
(no red or purple) Water

**NO ALCOHOL**  
**NO DAIRY PRODUCTS, MILK, OR CREAM**  
**NO COFFEE (caffeine is okay)**  
**NO RED OR PURPLE COLORS**

- Take 1<sup>st</sup> dose of your Prep at 5 PM the night before your procedure mixed with water or Gatorade**  
followed by another 32oz of clear liquids the next hour.

You may resume your clear liquid diet until midnight

- Take the 2<sup>nd</sup> dose at least 3 hours prior to check in** the morning of your procedure followed by another 32oz of clear liquid over the next hour.

**TASTES BEST WITH A FEW ICE CUBES AND WITH A STRAW!**

**Place of procedure:** \_\_\_\_\_

**Date of procedure:** \_\_\_\_\_

**Arrival time of procedure:** \_\_\_\_\_ ( **facility will give final arrival time** )

- SOMEONE MUST DRIVE YOU HOME FROM THE PROCEDURE (THIS IS NOT OPTIONAL)
- DO NOT TAKE ANY DIET MEDICATIONS 2 WEEKS PRIOR TO YOUR PROCEDURE
- DO NOT TAKE ANY NSAIDS (ALEVE, IBUPROFEN, ADVIL, MOBIC, FISH OIL, VITAMIN E) 5 DAYS PRIOR
- PLEASE NOTIFY US IF YOU ARE: TAKING ANY **DIABETIC** MEDICATION OR **BLOOD THINNERS**

## HELPFUL HINTS

1. You should be prepared to be near the bathroom during this preparation. The laxative can take effect within 1-4 hours.
2. The laxative will cause you to have very loose, watery stools. That is the goal. Take the entire laxative to be sure your colon will be well prepped for viewing.
3. Consider having a soothing cream such as Vaseline, A&D Ointment, or Desitin available to reduce irritation from frequent bowel movements.
4. Please pay close attention to the directions concerning what you should and should not eat and drink to avoid having to reschedule your procedure.
5. **If your bowels are not running CLEAR by the time of your procedure you may be asked to take two (2) Fleet Enemas before you go in for your procedure. These are found at any Walgreens, CVS, Walmart, etc.**

### **Diabetes Instructions for Colonoscopy Preparation and Procedure**

\*These are general guidelines. Please call the health care provider who manages your diabetes for questions. For people with diabetes, any procedure that causes you to miss a meal or change your usual meal plan will require special planning to safely manage blood glucose.

### **INSULIN AND DIABETES PILLS:**

If you are a diabetic, it is important to monitor your blood sugar while doing the bowel preparation. You should take only **½ of your usual dose of insulin or pills on the night prior to your procedure.** You should not take any diabetic medications on the day of your procedure. Please be sure to check your blood sugar at home at all meals, at bedtime and on the morning of your exam. You may **resume medications as normal following your procedure.**

**After your procedure you will be asked to make a 7-10 day follow up appointment. This can be booked in advance by text messaging or calling our main number at 936-321-0000.**

**THERE IS A \$100 24-HOUR CANCELATION/NO SHOW CHARGE FEE**