

COLONOSCOPY INFORMATION

PLEASE READ IMMEDIATELY

- You CANNOT drive, operate equipment, make any important decisions, or engage in activities that require mental alertness until the day AFTER your procedure.
- Bring a current list of your medications and inhalers with you to the procedure center.
- Remove all jewelry and body piercings before arriving at the procedure center.
- Do not wear lotion or perfume the day of your procedure.
- Wear comfortable, loose-fitting clothing to your procedure. Clothing that is easy to get in and get out of is best.
- Do not bring valuables to the procedure center.
- Bring your driver's license and insurance card with you to the procedure center.
- ***If you have diabetes:*** Check with the physician that treats your diabetes regarding your dose of insulin and other diabetic medications needed the day before and the day of your procedure. Inform your doctor that you will be on clear liquids the day prior to your procedure and nothing to eat or drink the morning of your procedure.
- ***If you are on a blood thinner*** such as Coumadin (warfarin), Xarelto, Eliquis, Pradaxa, Plavix, Effient, etc., please notify your GI physician, as these medications may need to be stopped prior to your colonoscopy.
- Do not chew gum or hard candy the morning of your procedure.

Prep Timeline:

7 days Before Your Procedure

- STOP taking iron supplements.

3 days Before Your procedure

- Begin low fiber diet.
- STOP taking fiber supplements.

Day before your procedure

You will begin the clear liquid diet. You will lose a lot of fluid as your bowels are flushed clean. It's important to drink plenty of clear liquids before and during the prep process. If you can see through it, you can drink it. Do **NOT** drink any liquids colored RED OR PURPLE.

NO DAIRY and NO ALCOHOL.

Clear liquids allowed:

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| • Gatorade or PowerAde (no red or purple) | • Popsicles (no red or purple) |
| • Clear fruit juices, white grape juice, and apple juice | • Tea or coffee without cream or milk |
| • Water | • Jell-O (no red or purple) |
| • Kool-Aid (no red or purple) | • 7-Up, Sprite, regular or diet Pepsi or Coke, ginger ale |
| • Clear soup, broth, or bouillon | |