

Colonoscopy Prep Instructions *Detailed Instructions*

Split-Dose

7 days before



Find a driver.

You can't drive home. Your colonoscopy will be cancelled if you don't have a driver.



Ask about medication.

You may need to change or stop some medicines. Ask your doctor about:

- Blood thinners
- Diabetes medicine
- Weight loss medicine



Get bowel prep medicine.

- Pick up the bowel prep medicine your doctor prescribed from the pharmacy.
- Buy Gas-X or other medicines your doctor recommends.



Low-fiber diet

Start a low-fiber diet on the day your doctor recommends.



Check your insurance.

You are responsible for any co-pay or costs not covered by your insurance.



Call us to cancel.

You must call us if you need to cancel or reschedule. There is a \$100 cancellation fee, unless you call more than 3 days before your colonoscopy.



Follow all instructions.

If you have questions, call us at (555) 555-5555.

1 day before



Do not eat solid food today.

Your body needs time to empty your colon.



Medication changes.

Follow instructions from your doctor.



Drink only clear liquids today.

✓ **Yes:** Water, clear broth, apple juice, coffee (no milk)

⊘ **No:** Red or purple liquid, milk or cream



5:00 pm

Start taking the first part of your prep medicine.

- Follow instructions from your doctor or the pharmacist.
- Stay near the toilet. The prep gives you diarrhea.
- You will take the rest of the prep tomorrow.

Day of your colonoscopy



Do not eat solid food today.

If you eat today, your colonoscopy will be delayed for your safety.



Medication changes.

Follow instructions from your doctor.



Do not use marijuana or other drugs today.

Marijuana, tobacco, and other drugs can cause problems with bowel prep and anesthesia. Your colonoscopy may be cancelled.



Drink only clear liquids today.

✓ **Yes:** Water, clear broth, apple juice, coffee (no milk)

⊘ **No:** Red or purple liquid, milk or cream



6 hours before your colonoscopy

Take the rest of your prep medicine. You may need to wake up very early!



3 hours before your colonoscopy

Stop drinking all liquids, or your colonoscopy will be delayed for your safety.



Arrive early and bring only what you need.

✓ **Yes:** Insurance cards, ID, list of medicines, list of past surgeries, inhalers

⊘ **No:** Jewelry, piercings, valuables, underwire bra



Bring your driver.

You can't drive home. Your colonoscopy will be cancelled if you don't have a driver.