



SoutheastGastro.com

## COLONOSCOPY INFORMATION

PLEASE READ IMMEDIATELY

(Many issues need to be addressed several days before your procedure.)

### Procedure Checklist:

- Arrange for a driver that can stay in the waiting room the entire time that you are at the procedure center (approximately 2-4 hours). You CANNOT be dropped off.
- 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 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. Tight fitting clothing may be uncomfortable due to the air that is introduced into the colon during the 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 your physician 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. Typically, we recommend that you do not take your oral hypoglycemic or insulin the morning of your procedure. Check your blood sugar frequently while taking the prep solution and 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.

### Shopping List:

- Make sure you have purchased your Prep / have your Prep RX filled
- Plan a trip to the grocery store to stock up on the low-fiber, low-residue foods listed in this packet as well as the ALLOWED clear liquids (see the below CLEAR LIQUID DIET for specific allowed liquids)
- Due to frequent trips to the bathroom, moist toilet paper wipes and Vaseline, Desitin or Calmoseptine may help soothe a sore bottom
- Drinking straws may help with the prep intake (they help bypass the taste buds on the front of the tongue)
- Anti-gas tablets (Gas-X, etc.) may help with the bloating

### Prep Timeline:

#### 5 days Before Your Procedure

- STOP taking any iron, fiber, herbal supplements or multi-vitamins
- STOP taking aspirin that is not prescribed by a doctor for a specific medical reason. If your doctor has recommended that you take aspirin for any medical or preventative reason, please continue to take it.

#### 3 days Before Your procedure

- Begin Low Residue Diet (see included LOW RESIDUE DIET)

**Day Before Your Procedure:**

- Eat a Low Fiber Breakfast (see chart below). Finish eating by 9a.m.
- After breakfast drink **ONLY** clear liquids for rest of the day (see CLEAR LIQUID DIET)
- Later in the day begin your PREP (see PREP INSTRUCTIONS)

**\*\*\* PLEASE EAT EXACTLY WHAT IS PERMITTED. NO SUBSTITUTIONS OR ADDITIONS.\*\*\***

LOW FIBER BREAKFAST (Pick **ONE** option and finish eating by 9 a.m.)

Meal	Easy to Prepare Option	Healthy Option	Restaurant Option
Breakfast	2 eggs (fried, over easy, scrambled or boiled) 2 white bread slices (not high fiber) or 1 plain bagel with butter or cream cheese	2/3 cup plain yogurt (no berries, seeds or nuts) 1 banana	1 Egg McMuffin (but do NOT eat the Canadian Bacon) or 1 plain bagel with cream cheese or butter

**CLEAR LIQUID DIET**

You will begin this diet on the **DAY BEFORE YOUR PROCEDURE, after the allowed LOW FIBER BREAKFAST.**

You will lose a lot of fluid as your bowels are flushed clean. Even mild dehydration can cause uncomfortable symptoms, including dizziness, lightheadedness, and headache, so it's important to drink plenty of clear liquids before and during the prep process.

As a rule, if you can see through it, you can drink it. Please do NOT drink any liquids colored RED OR PURPLE.

Also, please NO DAIRY and NO ALCOHOL.

**Clear liquids allowed:**

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