

PLEASE READ THOROUGHLY

7 Days Prior to Procedure

- Stop taking oral iron, fish oil, and aspirin medication.
- Please monitor for multivitamins that may contain iron.
- **AVOID** nuts, seeds, and popcorn.
- If you take medication to thin your blood, make sure you have consulted with your provider and/or cardiologist for a specific time to stop medication prior to procedure.

1 Day Prior to Procedure

- **CLEAR LIQUID DIET** (breakfast, lunch, and dinner) **ALL DAY**.
 AVOID all **RED**, **PURPLE**, and **BLUE** colored drinks or liquids/jellos. Clear liquid diet includes:

✓ Clear broth soup	✓ Gatorade	✓ Apple or white grape juice
✓ Popsicles	✓ Power-Aid	✓ Crystal Light
✓ Jell-O (Gelatin)	✓ Tea	✓ Clear soft drinks (Sprite, club soda, ginger-ale)
✓ Italian Ices	✓ Coffee (w/o cream)	
✓ Drink plenty of water throughout the day.		
- Take medications as directed by physician.
- Throughout the day, drink at least 8 tall glasses of clear liquids prior to beginning prep kit in the evening. Hydration is very important.
- Begin Step 1 as directed by your prep solution instructions given in the office, starting at **5:00 PM**. **DO NOT FOLLOW the directions in and on the prep kit box.**
- Is the prep working?
 - Bowel movements should be changing in color towards yellow and liquid (almost like urine).

Day of Procedure

- Begin Step 2 as directed by your prep solution instructions given in the office, starting **at 3:00 AM the morning of your colonoscopy**. **DO NOT FOLLOW the directions in and on the prep kit box.**
- In the morning, you must take important medications at least 4 hours prior to your colonoscopy (blood pressure, post-transplant, seizure, heart rhythm, etc.) [Unless directed otherwise].
- Do you have a driver? Ensure someone will drive you home. **No Taxi/Uber/Lyft, etc.**
- Remember to check in at the facility at the appropriate time given.
- You may eat a regular meal **AFTER** the procedure.

KEYS to a successful preparation:

- Staying hydrated to reduce risk of dehydration
- Eating a low fiber diet for a few days prior to prep day (avoid fiber supplements)
- If you are constipated the week of the procedure, take one packet of Miralax the evening prior to prep day.

TIP: Use a straw for drinking the solution.

What should your bowel movements look like after the prep?

- No stool present in the bowel movement
- Clear or Urine colored liquid

The day of your procedure:

Do NOT eat anything the day of (and the day before) your procedure. Do NOT drink anything after 4 AM. If you do, there is a **risk of aspiration with sedation**. Therefore, your procedure may be cancelled or delayed. You may resume a normal diet after the procedure.

For additional information, please visit our website, www.loudounslcenter.com.