



Colon, Stomach & Liver Center
Loudoun Endoscopy Center

Preparation for Colonoscopy

Please read thoroughly

1 Week prior to procedure	1 Day prior to procedure	Day of Colonoscopy
<ul style="list-style-type: none"> • Stop taking oral iron, fish oil and aspirin medication • Please monitor for multivitamins that may contain iron • AVOID nuts, seeds, berries and popcorn. • If you take medication to thin your blood, make sure you have consulted with provider and/or cardiologist for a specific time to stop medication prior to procedure 	<ul style="list-style-type: none"> • Initiate the day with a CLEAR liquid diet (breakfast, lunch and dinner) and continue ALL day • No Purple, Red or Blue liquids all day! • Take medications as directed by physician • Throughout the day, drink at least 8 tall glasses of clear liquids prior to beginning prep in the evening • Begin bowel prep as directed by prep solution instructions given in the office. DO NOT FOLLOW directions on the box. Timing may vary according to which prep you are given. • Is the prep working? <ul style="list-style-type: none"> ○ Bowel movements should be changing in color towards yellow and liquid (almost like urine) • After Midnight, do not eat or drink 	<ul style="list-style-type: none"> • In the morning, you may take important medications (blood pressure, post-transplant, seizure, heart rhythm) with a few small sips of water • Do you have a driver? Ensure someone will drive you home. • Remember to check in at the facility at the appropriate time given • You may eat a regular meal AFTER the procedure

What is a **Clear Liquid Diet**? (AVOID all red, purple or blue colored drinks or liquids/jellos)

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| <ul style="list-style-type: none"> • Clear broth soup • Popsicles • Jello (Gelatin) • Juices: Apple or white grape juice • Crystal Light | <ul style="list-style-type: none"> • Gatorade and Power-aid • Tea • Coffee (without cream) • Italian ices • Clear soft drinks (Sprite, club soda or Ginger-ale) |
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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
- If you are constipated the week of the procedure, take one packet of Miralax the evening prior to the prep day.
- Keep a Magnesium Citrate bottle at home in case you are not cleaned out 2 hours after the prep (available over the counter at a local pharmacy)

What should your bowl movements look like after the prep?

- No stool present in the bowel movement
- Urine colored liquid (will NOT be clear like water)

TIPS: Use a straw for drinking the solution and/or place in fridge (or use ice)