



COLON, STOMACH & LIVER CENTER, LLC | LOUDOUN ENDOSCOPY GROUP

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Preparation for Colonoscopy

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
 - ✓ Popsicles
 - ✓ Jell-O (Gelatin)
 - ✓ Italian Ices
 - ✓ Gatorade
 - ✓ Power-Aid
 - ✓ Tea
 - ✓ Coffee (w/o cream)
 - ✓ Apple or white grape juice
 - ✓ Crystal Light
 - ✓ Clear soft drinks (Sprite, club soda, ginger-ale)
- 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 bowel prep as directed by prep solution instructions given in the office. **DO NOT FOLLOW the directions in and on the prep kit box.** Timing may vary according to which prep you are given.
- Is the prep working?
 - Bowel movements should be changing in color towards yellow and liquid (almost like urine).
- After midnight (12:00 AM), DO NOT eat or drink.

Day of Procedure

- In the morning, you must take important medications at least 4 hours prior to your procedure (blood pressure, post-transplant, seizure, heart rhythm, etc.) with a few small sips of water. (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
- Urine colored liquid (will NOT be clear like water)