



## PREPARING FOR YOUR COLONOSCOPY

Date: \_\_\_\_\_ Provider: \_\_\_\_\_

### 2 Days prior to your procedure:

- Drink at least eight 8-ounce glasses of water during the day
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- Avoid anything with seeds, popcorn, nuts, corn, peas or beans
- Discontinue fiber supplements (Metamucil, Citrucel, Fibercon, etc)

### 1 Day prior to your procedure:

- **Clear liquids ONLY** for breakfast, lunch, and supper (See *Clear Liquid Diet Sheet* for examples of clear liquids that you can have)
- No solid foods, milk or milk products
- Drink at least an 8-ounce glass of clear liquids every hour while awake. It is important that you drink plenty of liquid to help the laxative work and to avoid dehydration. Please let the nurses know if you are on a fluid restriction.

### The evening prior to your procedure:

You will take the **first dose** of your prep at **5:00 p.m.** Follow the instructions that come in the box as to how to take your prep. (The instructions in the box say that you may eat breakfast, but you can **NOT** eat any solid foods the day before this procedure. **CLEAR LIQUIDS ONLY** on this day).

The surgery nurses will instruct you on what time to take the **second dose** of your prep and your arrival time. You **must complete the second dose of your prep** even if your stools are clear.

Nausea, cramping, and abdominal fullness are the most common adverse reactions. If you have severe nausea, discomfort, or bloating stop drinking the solution for a ½ hour and wait a little longer between drinking each glass. Sucking on hard candy or mints can help with nausea.

**DO NOT** use any smokeless chewing tobacco or nicotine pouches after midnight.

The surgery nurses will call you approximately one week prior to your procedure to review your health history, instruct you on what medications to take the morning of your procedure and to review your prep instructions.

You need to secure transportation post-procedure and someone to stay with you after your procedure.

If you have any questions, please call the surgery department at 319-332-0970