

Colonoscopy Preparation

Date: _____ Facility _____ Time _____

Please note the following:

1. You may not have anything to eat or drink after midnight prior to the procedure. No water, coffee, tea, soda, candy, chewing gum, mints, or medication with the exception of your blood pressure, anxiety, pain or seizure medication(s).
2. You will need to arrive at the facility at _____.
3. You will be sedated and therefore you must have someone with you to drive you home. You will not be allowed to leave without a driver. Your driver must be here, in the building, in order for you to receive anesthesia.

YOU SHOULD PLAN TO BE IN THE SURGERY CENTER FOR A MINIMUM OF 3 HOURS

- If you are a diabetic, PLEASE check your blood sugar when you wake up.
- Please take your blood pressure, anxiety, pain, and/or seizure medication(s) with a tiny sip of water the morning of your procedure.
- If you are taking any blood thinning medication please contact the office for instructions.
- If you are a smoker, including vaping, please refrain from smoking the morning of your procedure.
- This procedure generally takes 30-40 minutes. You will be kept at the office until you are alert and can get dressed and go home.
- To Cancel or Change this procedure you must call the office 48 hours in advance or you may be responsible for a \$200 No Show/Late Cancellation Fee.
- 2 days prior to your colonoscopy drink 64 oz of any sports drink.
- Clear Liquid diet:

A clear liquid diet is required the day prior to your colonoscopy. No solid food on the day prior to the colonoscopy. These liquids also provide certain salts and minerals and prevent dehydration. Furthermore, in order to prevent dehydration, it will be best if you follow the following instructions below. It is extremely important that the clear liquid diet be followed exactly.

The following items are allowed and recommended on the clear liquid diet:

- Water
- Clear gelatin/Jell-O(without fruit)
- Clear broth
- Popsicles (without fruit or cream)
- Lemonade/juice (without pulp)
- Italian ices
- Kool-aid
- Soft drinks
- Tea
- Gatorade/Powerade
- Coffee(black)

AVOID RED, BLUE, AND PURPLE LIQUIDS AND ALL DAIRY PRODUCTS

In order for your colonoscopy to be safe and informative, it is extremely important to read and follow your bowel prep instructions closely. The doctor must have full visualization of your colon. Your colon must be clear of any stool. Inadequate prep limits the value of this procedure. If the colon is poorly prepped, pre cancerous polyps or cancer could be missed and/or the procedure will need to be rescheduled and the bowel prep repeated.