

Colonoscopy Pre Procedure Instructions

Please follow the instructions below prior to your colonoscopy. Also be sure to follow the instructions for your specific bowel preparation prescribed by your physician.

Special Instructions if you take Diabetes or Blood Thinning Medications:

Please contact the provider who manages these before your procedure and ask them whether you should stop taking them before the procedure and for how long prior.

Eating and Drinking Instructions for ALL bowel preparations:

2 Days Before Your Procedure:

- Do not eat foods high in Fiber. Examples are whole grain breads and cereals, fruits, nuts, seeds, quinoa, popcorn, and vegetables (cooked or raw)

1 Day Before Your Procedure:

- Do not eat solid foods
- Drink only “clear” liquids. These include water, clear fat-free broth, gelatin, clear fruit juice such as apple or white grape. You may have ice pops, carbonated beverages, sports drinks, tea, and coffee (you may add sugar)
- Do not eat or drink dairy products

Day of your Procedure:

- Do not eat solid foods.
- Stop drinking clear liquids at least 2 hours before your scheduled arrival time
- **If you cancel within 24 hours of the procedure or no show, a \$200 cancelation fee may be applied to your account.**

Medication Instructions:

- If you take daily medication, you may take this with sips of water before your scheduled arrival time.
- If you have diabetes or take blood thinners, follow instructions by the health care provider who manages those medications.