



COLONOSCOPY PREPARATION

For the best exam possible, your colon must be clean.
Your preparation will begin the day before your procedure.
Please read the instructions carefully before you begin.

- **PENDING CLEARANCE:** Hold blood thinners (Plavix, Xarelto, Eliquis, Effient, Coumadin/Warfarin) **THREE TO FIVE DAYS** prior to procedure(s).
- Hold Aspirin 325 mg **FIVE DAYS** prior to the procedure.
- Hold iron **FIVE DAYS** prior to the procedure.
- Hold Vitamins C and E **TWO DAYS** prior to the procedure.
- Hold anti-inflammatory medication **TWO DAYS** prior to the procedure. (Tylenol is okay to take.)
- if **DIABETIC**, please half the dose of your Diabetic medication starting from the day before your procedure(s). If further questions, please refer to your Primary Care Provider

STARTING ON ____ / ____ / 20__ ALL DAY

*** Your low residue diet will start the day prior to your procedure from the time you wake up until 3 P.M. *
(OR CLEAR LIQUID DIET ALL DAY)**

BREAKFAST ONLY:

- Eggs: Soft or hard boiled, scrambled or Poached
- White Bread *No brown bread*
- Canned Peaches *No skin*

LUNCH ONLY:

- White Rice *No brown rice*
- Potatoes *without skin* (oil is okay)
- Zucchini (with salt)
- *VANILLA Ice Cream*
- Salmon (salt and butter okay)
- Plain Tofu (salt and butter okay)
- PLAIN SKINLESS Chicken (salt and butter okay)

ONE OR TWO ITEMS OF EACH

AFTER 3 PM: NO SOLID FOOD, NO EXCEPTIONS, CLEAR LIQUIDS ONLY

CLEAR LIQUIDS INCLUDE:

- Water
- Broth/Bouillon
- Coconut Water (**NO PULP**)
- Clear Juices (**NO PULP**) - Apple, **WHITE** Cranberry, **WHITE** Grape
- Coffee (**BLACK** - **NO** creamer, **NO** dairy products)
- Tea (hot or cold), sugar or honey is okay (**NO** dairy products)
- Sports drinks - clear only **NO** green, purple or red
- Clear carbonated soft drinks - Sprite, 7UP and/or Ginger Ale
- Yellow Gelatin (**NO** toppings) - **STOP AFTER 5PM**
- You may use menthol lozenges to help tolerate prep (Halls cough drops - **CLEAR ONLY**)
- ★ **DO NOT have dark liquids (red, orange, green, blue or purple)**
- ★ **DO NOT consume solid foods, dairy products, and cloudy liquids.**

*** STOP ALL CLEAR LIQUIDS EXCEPT WATER AFTER MIDNIGHT**

You may drink water up to 3 hours before your scheduled procedure time. After, if you have dry mouth you may rinse with water, and spit out. **DO NOT swallow the water.

**If your stomach is not empty, you may feel nauseated with the sedation and may vomit the stomach content to the lungs causing pneumonia, and your procedure may be delayed or cancelled for your safety.