**2 Day Colonoscopy Bowel Prep Instructions**

**Planning for your procedure:**

You will need a responsible driver to take you home because you will be receiving sedation. You may not drive at all on the day of your procedure. You cannot take a taxi, bus, Uber/Lyft or CAC home unless someone accompanies you.

•Please bring your medications with you.

**Drinking the prep-** Follow the instructions exactly as written to ensure a successful clean out and procedure.

**Special Instructions:**

If you take Coumadin, Effient, Eliquis, Plavix, Pradaxa, Xarelto, or any other blood thinner, we will contact your prescribing doctor for authorization to stop your medication prior to your procedure.

If you take aspirin, you may continue to take it as usual.

Stop taking iron supplements and herbal supplements 5 days prior to your procedure.

Stop taking NSAIDs such as Aleve, Ibuprofen, Celebrex and Meloxicam 5 days prior to procedure.

If you are diabetic, please read enclosed diabetic instructions.

**2 days before your colonoscopy:**

You can enjoy a normal breakfast.

**At 12 noon**, you will begin your clear liquid diet (see table below).

**At 6:00 pm**, drink 1 bottle of Magnesium Citrate followed by 16 ounces of any clear liquid. Do not take any medications within 1 hour of drinking the solution as they will be flushed out of your system.

You may continue clear liquids throughout the night.

**YES, OK TO DRINK- AVOID RED AND PURPLE**

Water, Soda, Gatorade/Propel (light colors only), Flavored Water without red or purple dye; Tea and black coffee without any milk or cream; Apple juice, white grape juice, lemonade without pulp, white cranberry juice; Popsicles and Jell-O, avoid red and purple; Clear broth/bouillon, cannot contain any solids.

**NO - AVOID THESE- AVOID RED AND PURPLE**

Alcoholic beverages, Milk, Milkshakes, Cream; Tomato Juice, Purple Grape Juice, Orange Juice; Smoothies, Soup (other than clear broth), Cooked Cereal

**1 day before your colonoscopy:**

You will remain on a clear liquid diet all day.

**At 10:00 am**, drink 1 bottle of Magnesium Citrate followed by 16 ounces of any clear liquid.

**At 5:00 pm**, begin drinking the bowel prep solution. Drink 1 glass every 10-20 minutes until this jug is finished. Do not take any medications within 1 hour of drinking the solution as they will be flushed out of your system.

You may have clear liquids up until midnight. You cannot have anything by mouth after midnight. No hard candy, gum, tobacco or chewing tobacco (dip or pouches).