**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.
* Fill your prescription for your low volume bowel prep solution at your local pharmacy. If you do not have your bowel prep solution or if you must reschedule or cancel, please call our office at (865) 523-6418.
* Please bring a list of your medications with you on the day of your procedure.

**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, he 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.

**1 day before your colonoscopy:**

* You will begin a clear liquid diet (see table below) at breakfast. No solid food is allowed on this day.
* **At 3:00 pm**, drink the first bottle of your bowel prep. Drink the entire bottle. Follow this by drinking 2 additional glasses of clear liquids (16 ounces each) over the next 1 hour. Do not take any medications within 1 hour of drinking in the solution as it will be flushed out of your system.
* **At 7:00 pm**, drink the second bottle of your bowel prep. Drink the entire bottle. Follow this by drinking 2 additional glasses of clear liquids (16 ounces each) over the next 1 hour. Do not take any medications within 1 hour of drinking the solution as it will be flushed out of your system.
* You may continue clear liquids until midnight. You cannot have anything by mouth after midnight. No hard candy or gum, or tobacco or chewing tobacco (dip or pouches).

**YES, OK TO DRINK- NO RED OR 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 Jello, avoid red and purple; Clear broth/bouillon, cannot contain any solids.

 **NO - AVOID THESE- NO RED OR PURPLE**

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

**Day of your colonoscopy:**

You may take blood pressure, heart, thyroid, seizure and reflux medications the morning of your procedure with a sip of water. All other medications should be taken after the procedure takes place.