**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.

**1 day before your colonoscopy:**

* You can have a light breakfast and a light lunch the day before your procedure. Start your clear liquid diet after lunch.
* **At 9:00 am**, fill the gallon jug with lukewarm water to the fill line, but the lid on, and shake to dissolve. Refrigerate.
* **At 5:00 pm**, begin drinking the bowel prep solution. Drink 1 glass every 10-20 minutes until 1/2 the jug is finished. Do not take any medications within 1 hour of drinking the solution as it will be flushed out of your system.
* You may continue to drink clear liquids through the night. Refrigerate the remaining bowel prep solution.

**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:**

* **At 6:00am**, begin drinking the remainder of your bowel prep solution. Drink 1 glass every 10-20 minutes until no solution remains. He must drink the entire gallon.
* 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. Do not take any medications within 1 hour of drinking the bowel prep solution, as they will be flushed out of your system.
* You may have clear liquids up until 4 hours before your procedure. No hard candy or gum, no tobacco or chewing tobacco (dip or pouches). Nothing by mouth after \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.