**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. Please bring a list of your medications.

**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 lunch. You will be on a clear liquid diet starting at 1pm.
* **At 5:00 pm**, mix packet 1 in the provided container. Mix to dissolve. Drink the solution. Follow this by drinking 2 additional glasses of clear liquids (8 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.
* Continue clear liquids throughout the night. No hard candy or gum, or tobacco or chewing tobacco (dip or pouches) after midnight.

**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 6:00 a.m.**, mix the remaining 2 packets in the provided container. Mix to dissolve. Drink the solution. Follow this by drinking 2 additional glasses of clear liquids (8 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 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.
* You may continue drinking clear liquids up until 4 hours before your procedure. Nothing by mouth after \_\_\_\_\_\_\_\_\_\_.