**Limited 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.
* If you must reschedule or cancel, please call our office at (865) 523-6418.

**Supplies needed:**

* 2 Fleet Enemas and 1 bottle of Magnesium Citrate. These products are available over-the-counter at your pharmacy.
* Please bring a list of your medications with you on the day of your procedure.

**Your bowel 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 may eat a normal breakfast and lunch.
* **At dinnertime**, you will be on a clear liquid diet (see table below).
* **Around 6:00 pm, drink 1 bottle of Magnesium Citrate.**
* You may continue clear liquids until midnight. You can not have anything by mouth after midnight. No hard candy, gum, chewing tobacco, dip or tobacco 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:**

* 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.
* **2 hours before you leave your home**, use both Fleet Enemas.
* **Use the first enema**, hold in the enema solution for 10 minutes, then expel. **Wait 20 minutes. Use the second enema.** Hold in the enema solution for 10 minutes, then expel.