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# PREPARING FOR A COLONOSCOPY

## What is a Colonoscopy?

**Colonoscopy is an endoscopic examination of the large bowel and part of the small bowel using a tiny video camera and a long, flexible tube called a colonoscope.**

**To ensure a successful exam, it's important you follow all instructions carefully. If you have questions call our office.**

## 7 DAYS BEFORE YOUR PROCEDURE

- If you take blood thinners, discuss with your doctor or prescribing physician.
- Stop taking iron (ferrous sulfate, ferrous gluconate).
- Stop taking any form of fiber supplementation (Metamucil, Citrucel, Konsyl, Benefiber, etc.).
- Minimize intake of high-fiber foods with seeds and grains.
- If you have diabetes, speak with your primary care physician or endocrinologist about diet and medication instructions.
- If you take aspirin or NSAIDS such as Advil, Motrin, Celebrex or Ibuprofen, you may continue to take them as usual unless otherwise instructed by your physician.

***If you need to cancel or reschedule, please call as soon as possible.***



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UNIVERSITY ENDOSCOPY GROUP  
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## ONE DAY BEFORE YOUR PROCEDURE

- Begin a clear liquid diet and DO NOT eat any solid food.
- DO NOT consume alcohol or any red or purple liquids.
- DO NOT eat or drink anything containing fruit or vegetable pulp/seeds, milk or cream, or anything that is NOT clear.
- Acceptable clear liquids include: water, tea, black coffee, apple juice, ginger ale, Sprite, 7UP, Gatorade, Powerade, Vitamin Water, Crystal Light.
- You MUST drink the bowel preparation as instructed by your physician. *(see our online video for different prep options)*

## ON THE DAY OF YOUR PROCEDURE

- Stop drinking clear liquids 6 hours prior to your exam.
- Morning medications can be taken up to four hours before procedure with 4 oz of water.
- Bring a list of your current medications, including any over-the-counter medications, with you to the endoscopy center.
- You MUST arrange for a ride home the day of your exam. If you fail to arrange acceptable transportation, your procedure will need to be rescheduled.
- You cannot work or drive the rest of the day after your procedure.

## INFORMATIONAL VIDEO

Scan the QR code for more information on your colonoscopy prep, including an instructional video.

