

Congratulations on taking a proactive approach to your health. You have been scheduled for a colonoscopy. It is very important for you to follow your prep instructions carefully as it will make a big difference in the quality of your exam. Use this guide as a supplement to help get you ready and minimize lost time from incomplete or poor exams due to inadequate preparation. You make a big difference in the quality of your exam. Let's do this right!

You can monitor your progress by watching your stool output:



▲	▲	▲	▲	▲
Dark and murky. NOT OK	Brown and murky. NOT OK	Dark orange and semi-clear. NOT OK	Light orange and mostly clear. ALMOST THERE!	Yellow and clear, like urine. YOU'RE READY!

Helpful tips:

- Consider refrigerating and drinking the prep cold for better tolerance
- Consider wet wipes or nonprescription ointments such as Desitin to minimize rectal irritation
- If nauseated, take a break (30 min to 1 hour) and start again.
- Drink enough fluids
- Even if clear, make sure to finish all your prep
- Do not eat or drink 3 hours prior to your exam

Imagine This

Think of it this way: a clean colon is like driving on a country road on a sunny day. A dirty colon is like driving in a snowstorm.

When your colon is clean, doing the colonoscopy is like driving on a country road on a sunny day. It is easy to see and to drive.



When your colon is dirty, doing the colonoscopy is like driving on a winter road in a snow storm. It is hard to see and hard to drive.



Your Calendar: One Day Before Your Colonoscopy

Time Of Day	What You Eat	What You Drink
Morning 	Clear liquid diet for breakfast. No solid food. 	Drink at least 4 tall glasses of clear liquids.
Afternoon 	Clear liquid diet for lunch. No solid food. 	Drink at least 4 tall glasses of clear liquids.
Evening 	Clear liquids for dinner. No solid food. Take prep. 	Drink at least 4 tall glasses of clear liquid.

Get prepared

It is important for you to stay on a **clear liquid diet** the day before the procedure. Ideally, that also means **avoiding fibrous fruits and vegetables, nuts, and seeds for 3-7 days** prior to the procedure. Particles such as corn and seeds can clog the scope during the exam.



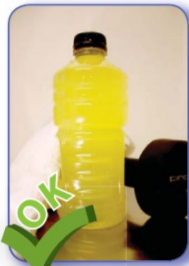
Soda pop, ginger ale, and club soda



Water and mineral water



BLACK coffee (No Cream or Milk)



CLEAR sports drink



Apple juice



Tea



Honey



Flavored gelatin



CLEAR broth



Popsicles



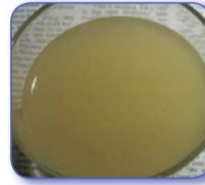
Hard candy

Try to avoid red, blue, or purple dyed foods as there is some concern this can stain the lining of your colon or be mistaken for blood.

Consider taking simethicone 200-500mg the day before your exam to decrease bubbles in your colon during the procedure.



This is orange juice. Orange juice is not clear because you can't read the newspaper through it. **Don't drink this.**



This is pineapple juice. It's also not clear. **Don't drink this.**



This is apple juice. Apple juice is clear because you can read newspaper print through it. **You can drink this.**



No breads, grains, rice, or cereals



No soups with chunks of food



No meat



No milk or dairy products



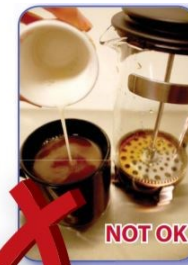
No vegetables



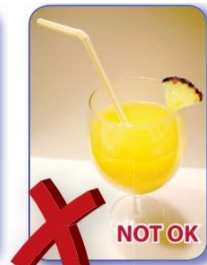
No fruits



No Milkshakes



No coffee with cream



No pineapple juice



No orange juice



No milk or dairy drinks