

Preparing for your colonoscopy

Preparation at a glance:

- Five days before your colonoscopy, eat only low-fiber foods. Also, stop taking any fiber supplements or anti-diarrheal medication. Make sure you have purchased the prescription laxative that you will need for your procedure.
- One day before your procedure, begin a clear-liquid diet.
- The evening before, drink half of the prescription laxative drink to clean out your colon for the procedure. You will drink the second half the day of your procedure.

Important: Arrange for someone to drive you home after the colonoscopy. Your test will have to be rescheduled if you don't have someone to accompany you home. If you do not have a driver, let us know as soon as possible. We can help you arrange a driver.

If you need to cancel your procedure, you must cancel 5 business days (1 week) in advance to avoid a \$250 late cancellation fee.

Five days before your procedure

Start preparing five days before your colonoscopy. For example, if your colonoscopy is scheduled for Wednesday, you would start the low-fiber diet Friday morning.

Please select/review the following links for more information:

[Low-fiber food chart](#)

[Clear Liquid Chart](#)

[Diabetes Medications](#)

- Stop taking any fiber supplements and anti-diarrheal medication. Eat only low-fiber foods, and avoid foods that contain red, blue or purple dyes that may interfere with the test. If you are taking medication for diabetes and/or cardiac conditions, follow the instructions you have received for managing those medications or select the link below for instructions. If you have developed new medical conditions, including heart or lung problems, notify us immediately. Our number is 775-884-4567.
- Confirm that a family member or friend is available to drive you home after your procedure and to stay with you for two hours afterward.

One day before procedure

- Drink only clear liquids or certain light-colored beverages. [Clear Liquid Chart](#)
- Do not eat solid foods.
- You will drink half of the laxative drink today, starting in the late afternoon.
- Do not use alcohol, marijuana, or other substances that could impair your thought process.
- Drink at least 8 ounces of liquid every hour during the day before your colonoscopy (in addition to the laxative drink) to prevent dehydration. See examples of what liquids you may drink and what to avoid: [Clear Liquid Chart](#)
- Mix your laxative drink and start drinking it, following the instructions below or a handout from the medical center. You will need up to 6 hours to complete the laxative drink and finish bowel movements.

Please select the laxative below that your provider has prescribed for you:

[Miralax-Gatorade](#)

[Golytely](#)

[Plenvu Suprep](#)

[Moviprep](#)

Day of the colonoscopy

If your procedure is in the morning, you may need to get up earlier than usual to finish drinking the laxative.

- Complete the rest of the laxative 3 hours before you leave home for the procedure. Be sure to follow the instructions for the laxative your provider prescribed for you.
- You must finish drinking any other beverage at least 3 hours before your appointment time. This means that you need to calculate what time you need to get up so you have time to finish the prep drink 4 to 5 hours before leaving home.

The other liquids you may drink are the same as you had the day before your procedure. See the [clear liquid chart](#).

Remember NOT to drink any liquids or have ANYTHING by mouth starting three (3) hours before your scheduled procedure time. This includes chewing tobacco, candy and gum.

You must have someone to take you home after your colonoscopy and stay with you for at least two hours.

Do not use alcohol, marijuana, or other substances that could impair your thought process prior to your appointment.

Do not drink alcohol, drive a car, or sign legal documents until the day after your procedure.

After your procedure

You will receive discharge instructions from your nurse after the procedure, including an after-visit summary with the results.

If tissue was removed, you will get a letter or phone call within 14 days of your procedure with those results.

There is a very small risk of bleeding after a colonoscopy for up to two weeks. You should be within a two-hour drive of a medical center for two weeks following your colonoscopy and avoid traveling outside of the United States during this time period.