

Preparing for your colonoscopy

Preparation at a glance:

- Five days before your colonoscopy, eat only [low-fiber foods](#). Also, stop taking any vitamins or supplements (oral/liquid) and anti-diarrheal medication. Make sure you have purchased the prescription/over the counter laxative that you will need for your procedure.
- You may continue to take your prescribed medications up to the day of your procedure unless otherwise notified by your physician.
- One day before your procedure, begin a clear-liquid diet.
- The evening before, drink half of the prescription. You will drink the second half, the day of your procedure.

Important: Please arrange for a driver and have them check in with you. 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. Call 775-884-4567

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 review **ALL** of the information included in your packet:

[Low-fiber food chart](#)

[Clear Liquid Chart](#)

[Diabetic/Weight Loss Medications](#)

- Stop taking any vitamins or supplements (oral/liquid) 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. If you have developed new medical conditions, including heart or lung problems, notify us immediately at 775-884-4567.
- You may continue to take your prescribed medications up to the day of your procedure unless otherwise notified by your physician.
- 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, beginning at 6pm.
- Do not use alcohol, marijuana, or other substances that could impair your thought process.
- Drink at least 8oz of liquid every hour during the day before your colonoscopy (in addition to the laxative drink) to prevent dehydration, it is recommended to drink more than this to prevent dehydration. See examples of what liquids you may drink and what to avoid: [Clear Liquid Chart](#)
- Prepare your laxative drink and begin consuming it, following the instructions provided below.

Day of your colonoscopy

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

- Start the second half of the laxative 5-6 hours before your scheduled procedure and finish it at least 3 hours prior to leaving your home for the appointment.
- You must finish drinking any other beverages (including water) 3 hours before your scheduled procedure.

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. No chewing gum, tobacco chew or pouches, Zyn pouches or hard candy are allowed the day of your procedure.

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 within 14 days of your procedure with those results.

There is a minimal 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.