Preparation Instructions for Morning Colonoscopy

Today

☐ Plan time off of work for the day of your colonoscopy.
☐ You MUST have an escort to come into the hospital and take you home after the colonoscopy so start making these arrangements.

7 Days Before Your Appointment

☐ Fill prescription for the laxative. If you don’t have it call patient navigator (number below)
☐ Stop taking Iron pills. Multi-vitamins can be continued.
☐ If you are taking Coumadin/Warfarin or any other type of blood thinner please call your primary care doctor/Coumadin Clinic today for instructions on stopping the medication before your procedure.

2 Days Before Your Appointment

Please ignore all other bowel preparation instructions from any other sources including pharmacist, medicine package inserts, friends/relative and the internet.)

☐ Drink at least 8 glasses of water today.
☐ STOP eating high fiber foods such as vegetables and beans until after your colonoscopy. You can eat all other types of foods today.

The Day Before Your Appointment

☐ ALL DAY TODAY FOLLOW A STRICT CLEAR LIQUID DIET. DO NOT EAT ANY FOOD OR THICK LIQUIDS AT ALL!! Examples of clear liquids are: water, apple juice, broth( NOT SOUP WITH THINGS IN IT) Jell-O, tea/coffee without milk/cream, sodas, sports drinks, and popsicles, but nothing red colored.
☐ 6 PM Place mixed laxative solution inside of the fridge to cool (no ice cubes)
☐ 8 PM Drink half of the Laxative Solution – 1 cup every 10-15 minutes

The Day of Your Appointment

☐ 6 hours before your appointment time, drink the remaining half of the laxative solution. You must finish it at least 2 hours before the colonoscopy (finishing it 3 to 5 hours before is best).
☐ If you have diabetes: Take half the dose of your insulin on the day of procedure and skip diabetes pill(s) unless directed otherwise. You should check your blood sugar level in the morning.
☐ Take all of your other regular medications at least 2 hours prior to your test.
☐ Stop taking anything by mouth, including clear liquids, at least 2 hours before the colonoscopy.

If you can not keep this appointment please call 617-414-2600.
If you have any questions please contact the Patient Navigator 617-414-2494/617-414-2640

Revised 6.23.20 split dose prep