Preparation Instructions for 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 further instructions.

**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 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, ginger ale, Sprite, Nothing red please.
- **6 PM** Place mixed laxative solution inside of the fridge to cool (no ice cubes)
- **8 PM** Drink half of the Laxative Solution

**The Day of Your Appointment**

- **6 hours before your appointment time,** start drinking 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).
- **Those with diabetes:** Take half the dose of your insulin on the day of procedure and skip diabetes pill(s) unless directed otherwise.
- **Take all of your regular medications** with sips of water at least 2 hours prior to your test.
- **Stop** taking anything by mouth 2 hours before the colonoscopy.

    **If you can not keep this appointment please call 617-638-6525 option 1.**

**If you have any questions please contact the Patient Navigator 617-414-2494**

Revised 2.12.13 split dose prep