

**\*\*\*BOWEL PREP INSTRUCTIONS FOR DAY BEFORE YOUR COLONOSCOPY\*\*\***

As **SOON** as you wake up on the **DAY BEFORE** your procedure, begin a clear liquid diet.

**DRINK AT LEAST EIGHT (8) GLASSES OF WATER OR CLEAR LIQUIDS OR MORE THROUGHOUT THE DAY!! YOU COULD HAVE DIFFICULTY TOLERATING THE PREP IF YOU ARE NOT ADEQUATELY HYDRATED!!!**

**\*\*\*NO SOLID FOODS AT ALL ON THE DAY BEFORE YOUR PROCEDURE ONLY CLEAR LIQUIDS!!!\*\*\***

Clear liquids include water, cokes, **BLACK** coffee, non-herbal teas, clear broths, apple juice, white grape juice, Gatorade, kool-aid, or banana popsicles.

Do not eat OR drink any **RED OR ORANGE** liquids, such as Jell-O, Gatorades, Kool Aide, Crystal Light, or popsicles. No fruit juices like orange, grape, or any juice with pulp.

No milk or dairy products. This includes creamer and milk for coffee and tea. Do not drink any Ensure, Boost, or any other milk based dietary supplement on this day.

\*\*\*You can choose to mix your prep the morning that you are on clear liquids and put it in the refrigerator to chill, or just mix it right before you start the prep. You may choose the flavor pack of your choice that is provided with your prep. If there are no flavor packs, please contact your pharmacy, we do not keep any here in the office.

**\*\*\*\*\*IT IS RECOMMENDED THAT YOU BE AT HOME WHEN THE BOWEL PREP STARTS!!!!\*\*\*\*\***

**AT 2 PM ON THE DAY BEFORE YOUR SCOPE** you will begin drinking your bowel prep. Drink an 8 ounce glass every 10 minutes until completed. If nausea occurs, you may slow down the frequency, but consume the entire contents of the prep. While you are drinking the prep **DO NOT** drink other liquids, but you may take small bites of a banana Popsicle.

When you are done with the prep you may have **CLEAR LIQUIDS UNTIL MIDNIGHT, AND THEN NOTHING TO EAT OR DRINK AFTER MIDNIGHT!!!!**

On the morning of the scope you can take your routine prescription medications with a **VERY SMALL SIP OF WATER. \*\* DO NOT TAKE REFLUX MEDICATIONS IF HAVING AN UPPER SCOPE.\*\***

Due to sedation, you are not allowed to drive. You must have a responsible adult bring you to the procedure, stay at the facility while your procedure is being done, and then take you home. This is required by all facilities we use.

You will be instructed by Dr. Shikoh, the facility or your discharge instructions regarding a need for a follow up.