

Endoscopic Solutions General Bowel Prep Instructions

5-7 days prior to colonoscopy	1 day prior to colonoscopy	Evening prior to colonoscopy	Six hours prior to colonoscopy
<ul style="list-style-type: none"> ● Start a low residue diet (see below) ● Pick up bowel prep supplies ● Have a plan for blood thinners (if applicable). Continue baby aspirin. ● Call your insurance company to ensure you are covered ● If you must cancel, please give us 72 hours notice to avoid a \$100 cancellation fee 	<ul style="list-style-type: none"> ● Consume a clear liquid diet for the entire day (see below) ● You will receive a call with your final procedure time. Make sure you have a driver for the procedure. ● You can continue baby aspirin. 	<ul style="list-style-type: none"> ● At 7pm, start first half of bowel prep (see prep-specific instructions) ● Continue clear liquids 	<ul style="list-style-type: none"> ● Drink 2nd half of bowel prep* (see prep-specific instructions) ● Stop drinking prep and clear liquids at least 4 hours prior to procedure ● Stool should be clear <p>*This may be in the middle of the night depending on your procedure time</p>

Low Residue Diet:

- Look for any foods that have no more than 1-2 grams of fiber in one serving.
- White bread **with no nuts or seeds**.
- White rice.
- Well cooked vegetables **without skin or seeds**.
- Fresh fruit like bananas, cantaloupe, honeydew, and watermelon.
- Eggs, Fish, Poultry, Meat
- Dairy products
- **PLEASE AVOID SEEDS, NUTS, POPCORN, CORN, BEANS, TOMATOES, CELERY**

Clear Liquid Diet:

- Water (plain, carbonated or flavored)
- Fruit juices **without pulp**, such as apple or white grape juice
- Fruit-flavored beverages, such as fruit punch or lemonade
- Carbonated drinks, including dark sodas (cola and root beer)
- Gelatin
- Tea or coffee **without milk or cream**
- Sports drinks
- Clear, fat-free broth (bouillon or consommé)
- Honey or sugar
- Hard candy, such as lemon drops or peppermint rounds
- Ice pops without milk, bits of fruit, seeds or nuts