

Endoscopic Solutions General Bowel Prep Instructions

5-7 days prior to colonoscopy

- 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**
- **PLEASE EAT A 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**

One day prior to your colonoscopy

- **Switch to a 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 consomme)
 - Honey or sugar
 - Hard candy, such as lemon drops or peppermint rounds
 - Ice pops without milk, bits of fruit, seeds or nuts
- You will receive a call with your final procedure time. Make sure you have a driver for the procedure.
- You can continue baby aspirin.
- **Please review your prep instructions and start as instructed.**

Day of the colonoscopy

- **Start second dose of your bowel prep as instructed, generally 6 hours prior to the procedure***
- Finish your prep and stop clear liquids at least 4 hours prior to procedure
- Stool should be clear!

*This may be in the middle of the night depending on your procedure time