



COLONOSCOPY PRE PROCEDURE INSTRUCTIONS

Day before a colonoscopy:

It is very important that you hydrate yourself well before the exam. You may be asked to be on a **clear liquid diet** only. Clear liquids are liquids that you can see through if you place it against a light. Examples are apple juice, plain tea, black coffee, clear broth or jello. Avoid any liquids that are red in color (i.e. red jello). Milk, since you cannot see through it, is not a clear liquid and should be avoided. Don't forget about drinking plain water!

It is very important that you follow the instructions that were given to you by your physician regarding the **bowel preparation**. This bowel cleansing will help you have a successful exam. Please call your physician if you have any questions.

In most cases, you will be receiving sedation and will not be able to drive home. Make sure you have made appropriate transportation arrangements.

Day before having anesthesia:

Unless otherwise instructed, there is no preparation for this procedure. You will need to avoid eating and drinking prior to coming. Your physician will let you know how long you will need to fast.

In most cases, you will be receiving sedation and will not be able to drive home. Make sure you have made appropriate transportation arrangements.

Day of procedure:

Come to the center wearing loose comfortable clothing. It is best that you leave all valuables and jewelry at home. You will be asked to change into a patient gown.

Please bring your insurance card(s) and photo ID in addition to any paper work that your physician's office gave to you to complete.

After the procedure:

You will be sent home with written discharge instructions and may receive a copy of the procedure report. Biopsies may be taken during the procedure. You should hear from your physician in about 1 week with the results. Please don't hesitate to call if you don't hear from your physician or if you have concerns.

Some people don't remember anything about the procedure. This is due to the drugs used for sedation and is quite normal. This is another reason why you need to have a ride home. When it is time, we will ask your ride to park in front of our building and we will bring you down to the car.