

COLONOSCOPY PREP INSTRUCTIONS

Date of colonoscopy _____ Arrival time To be determined

You will receive a call from the hospital the afternoon before your procedure.

For patients on Aspirin, Anti-Platelet drugs or blood thinners:

The Day Before Your Colonoscopy

- Mix clean out solution in the morning
 - Add sufficient tap water to make 4 liters
 - Shake well
 - Refrigerate
- Drink **CLEAR LIQUIDS** all day. No **Solids. No dairy products.**
- **When you receive your arrival time, CIRCLE on dose timing chart and proceed with appropriate prep schedule**
- In the evening, start drinking clean out solution.
 - Start drinking the first 2 liters – 8 ounce glass every 10 minutes until finished
 - Consider using a straw and keep very cold/iced, easier to tolerate
 - Expect diarrhea within one hour
 - If you become bloated or nauseated, slow down
- Later in the evening or early morning (see dose timing chart), start drinking remainder of clean out solution.
 - You may drink clear liquids between first dosing and second dosing
 - Finish all prep solution, unless told otherwise
 - Bowel movements should be free of solid material and clear in color
- **Nothing by mouth 6 hours before your arrival time**

Clear Liquids

Water
Coffee
Tea
Bouillon
Clear Broth
Clear Fruit Juices
White Grape Juice
Apple Juice
White Cranberry
All Sodas, including
Colas
Sports drinks
Jello
Kool-Aid
Popsicles

**NO CREAMER
NO PURPLE OR
RED COLORS**

The Day Of Your Colonoscopy

- **Do not** eat or drink anything the day of your colonoscopy
 - **You are allowed to finish your prep**
- You must have a driver
- You may take certain medications the morning of your procedure with a sip of water
 - **Heart, blood pressure, stomach, thyroid and seizure medications are allowed.**
- Leave jewelry and valuables at home
- Report to Henry Ford Hospital – North Entrance

Diabetics-

Do not take insulin or pills the morning of procedure. Bring them to the hospital with you

CPAP –

Bring to the hospital to have available. You may leave in the car.

Inhalers –

Bring with you to hospital.

*****You are responsible for copays and deductibles related to your procedure. Please contact your insurance company for information related to your coverage and benefits*****