



THE TIMELINE

7 DAYS OUT

- Plan your meals for the week (Diets: low fiber, clear liquid and soft foods).
- Stop supplements and certain medications - verify with your gastroenterologist.
- Acetaminophen is acceptable.
- Read your prep instructions thoroughly.
- Arrange for someone to drive you home after the colonoscopy.

Your test will have to be rescheduled if you don't have someone to accompany you home

3 DAYS OUT

- Stop taking any fiber supplements and anti-diarrheal medication.
- Purchase your medication (double check if coupons are available) and groceries in time for meal prep.
- Take your medication, following the instructions you've received for the procedure preparation.
- Eat only low-fiber foods, avoid foods that contain red, blue or purple dyes that may interfere with the test.
- Confirm that a family member or friend is available to drive you home after your procedure and to stay with you for two hours afterward.

2 DAYS OUT

- Continue eating only low-fiber foods.
- Continue to avoid foods that contain red, blue or purple dyes that may interfere with the test.
- List all medications you are taking for procedure preparation.

DAY BEFORE

- Drink only clear or certain light-colored beverages; continue to avoid drinks with red, blue, or purple dyes
- Do not eat solid foods. No alcohol and avoid dairy products.
- Follow bowel prep instructions prescribed by your doctor.

DAY OF

It's time for a vacation to toilet town!

- Clear liquid diet only.
- Take your medication per your doctor's instruction.
- Verify what time you need to stop drinking prior to arrival time.
- Bring your insurance cards, driver's license and/or photo ID to the procedure.
- Wear comfortable clothes and leave valuables and jewelry at home.
- **If your prep isn't going well (no bowel movements and/or vomiting) – call your doctor immediately.**
 - **You may continue with modifications or have to stop prep and reschedule.**



DAY AFTER

- Read and review the discharge instructions from your nurse after the procedure.
- If polyp(s) were removed, have soft food for the next few days.
- Double check what medication you can take after your procedure.
- **If you have any complications (i.e., stomach pain, fever, bleeding, etc.) reach out to your nurse.**

*Instructions are for general rule of thumb but may vary slightly depending on the preparation instructions, medication and medical provider.
Discuss your preparation details with your gastroenterologist.*