

Colonoscopy Instructions

Standard Preparation

7 DAYS BEFORE THE TEST

- **DO NOT TAKE:** Nonsteroidal anti-inflammatory medications, these include Ibuprofen, Motrin, Advil, Naproxen, Aleve, Naprosyn, Meloxicam, and many others
- You may take Tylenol (which is acetaminophen) for pain
- Some medical conditions require you to stay on Aspirin. Do not stop Aspirin until you speak with your healthcare provider.



3 DAYS BEFORE THE TEST

Stop eating high fiber foods such as corn, beans, seeds, nuts, whole grain breads, or fruit skins (pear, apple, etc.)



2 DAYS BEFORE THE TEST

- Have a light dinner no later than 7 PM

1 DAY BEFORE THE TEST

- **Begin a clear liquid diet – a clear liquid means you can see through it. No solid food for the entire day**

| Clear Liquids | Not Clear Liquids |
|---|---|
| Water, Gatorade, Powerade, or Pedialyte | No red or purple items |
| Black coffee or tea (no milk, cream) | No alcohol |
| Clear broth | No milk, cream, other dairy products |
| Ginger ale or Sprite | No noodles, rice, or vegetables in soup |
| Apple juice | No juice with pulp |
| Jell-o, popsicles | No liquid you cannot see through |

- Prepare the laxative: mix the laxative powder with water, then put it in the refrigerator
- **Starting at 6 PM, drink one glass (8 ounces) of laxative every 30 minutes until half the bottle is empty.** Be sure to stay close to a bathroom once you start the prep.

DAY OF THE COLONOSCOPY

- **6 hours** before your test, drink the remaining half of the bottle of laxative. **It is very important to finish the whole gallon.** This will empty your colon to complete the test without problems.
- The morning of the test, you can take your other medications at the usual time with **only a sip of water**. These include blood pressure pills, seizure medications, heart medications, thyroid medications, etc.
- **Do not** take pills for diabetes. If you have diabetes, please follow the colonoscopy preparation for people with diabetes handout.
- **Do not drink anything for 3 hours before the test.**