
Your colonoscopy prep guide.

Everything you need to do before
your procedure.



Your colonoscopy is scheduled for _____, _____,
Date Time

Location

Read this guide.

At least two weeks before your procedure, take time to review the information in this booklet.

To get your colon clean, follow all the instructions in this guide closely. We want to ensure your colonoscopy goes as planned.

Questions along the way? Give us a call.

Pittsburgh: 412-359-8900 • Erie: 814-452-2767, option 3 • Westmoreland: 724-689-1080

Here's what to expect.

A colonoscopy gives your doctor a chance to examine your large intestine — a key organ in healthy digestion. It helps your doctor see anything abnormal that could lead to a health issue.

Be proud of yourself for having a colonoscopy. This routine health screening could help save your life.

Please call us about any of the following:

- Health changes, including ER visits and hospitalizations since scheduling your colonoscopy
- New medications or medication changes
- Insurance changes
- Cold or flu symptoms within four weeks of your procedure
- COVID-19 diagnosis within 10 days prior to your procedure

IMPORTANT: Give your health insurance company a call to double-check your colonoscopy coverage and make sure your facility and doctor are in network.

14 days out

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Are you on blood thinners?

If so, call us with your prescribing doctor's name and number. Talk with your doctor before stopping your blood thinners. You can continue taking aspirin.

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Do you have diabetes?

Because of the diet restrictions leading up to your colonoscopy, call the doctor who monitors your diabetes to discuss your insulin dosage.

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Are you on weight loss or diabetic medications?

If so, you may need to temporarily stop taking this medication. Please call our office to discuss.

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Pick up your prescribed colon prep kit.

Get the prep from your pharmacy as soon as possible. If your pharmacy didn't receive your prescription, call our office.

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Make sure you have a ride.

You'll need someone 18 or older to bring you to your colonoscopy, stay in the waiting area at the facility, and drive you home. Because you'll have anesthesia, someone over 18 must stay with you for 24 hours after the procedure.

7 days out



Stop taking fish oil, iron, and fiber supplements, or any antidiarrheal medications, like Imodium® or Pepto Bismol®.

You'll be starting your prescription colon prep kit soon, which will flush out your colon. These supplements or medications could slow that process.



Start a low-fiber diet.

Avoid eating foods like:

Nuts or seeds • Popcorn, wheat germ, granola, or cereal • Fruits • Bread with seeds or visible grains • Corn, beans, peas, raw salad, celery, broccoli, or tomatoes

You can eat foods like:

Chicken, fish, seafood, and tofu • Eggs, yogurt, and cheese

White bread and white rice • Smooth peanut butter

Potatoes without skin • Applesauce and fruit juice without pulp



**Did you pick up your prescribed colon prep kit?
If not, take care of that today.**

3 days out



Drink lots of fluids.

Increasing your fluid intake will keep you hydrated and improve your colon cleanse. If you're on a fluid-restricted diet for any reason, talk with your doctor before changing your fluid intake.



Confirm your designated driver.

Remember, you'll need an adult family member or friend to drive you to your procedure, stay at the facility until it's complete, and remain with you at home for 24 hours.



1 day out



Begin a clear liquid diet — drink at least eight 8-ounce glasses of water or clear liquids.

Don't drink anything red, purple, orange, or blue colored.

Clear liquids include water, broth, apple juice, white grape juice, and carbonated drinks • Coffee and tea without milk or creamer (including powdered and non-dairy) • Gatorade® and other sports drinks • Kool-Aid® • Jello® and Popsicles®

★If you're on a fluid-restricted diet, please check with your prescribing physician about what to do.



Avoid any of the following:

Solid foods • Red, purple, orange, and blue liquids • Smoking and use of any tobacco products • Alcohol • Milk and dairy products



Get together what you'll need for tomorrow.

Photo ID • Health insurance card • A list (no bottles) of all medications you're taking and their doses • The name and addresses of all doctors you want to receive your colonoscopy results



At 4 p.m., begin your prescribed colon prep kit.

Turn the page and follow only these personalized instructions.

What to expect the day of your colonoscopy.

You may be asked to arrive 30 to 60 minutes before your procedure. It's important that you arrive on time.

The procedure takes between 30 and 60 minutes. With sign-in, preparation, and recovery time, expect to be at the facility for at least three hours.

The morning of:

- Finish the last step of your prescribed colon prep kit four hours before your procedure time.
- **Don't eat, drink, smoke, chew gum, or suck on mints or hard candy.**
- Wear comfortable clothing.
- Don't wear jewelry, makeup, or contact lenses.
- Take necessary medications with a small sip of water.

At the facility:

- Check in with your photo ID, insurance card, medications list, and names and addresses of doctors who should receive your results.
- A nurse will guide you to the pre-procedure area for an evaluation and to insert an IV line for the anesthesia.
- Your doctor will go over details of the colonoscopy, walking you through the process and answering your questions.

During the procedure:

- You'll be under anesthesia and comfortable.
- The doctor will perform the colonoscopy, and, if necessary, take a biopsy or remove any abnormal tissue growths.

After the procedure:

- We'll take you to the recovery area, and your doctor will discuss your procedure with you. If we take a biopsy of abnormal tissue, you'll receive test results within three weeks.
- We'll give you personalized discharge instructions. These cover topics like what to eat and when to return to regular activities. Follow these steps closely for a smoother recovery.
- We'll discharge you, and your family member or friend will take you home.

Relax. Rest up. And feel good about taking care of your health.

Visit us online at
ahn.org/gastroenterology.

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