



Colonoscopy Bowel Preparation Instructions

Please follow these instructions carefully to ensure a successful colonoscopy. A clean colon is essential for accurate and safe results. Contact our office if you have any questions.

One Week Before Your Colonoscopy

- Stop taking iron supplements, aspirin, and non-steroidal anti-inflammatory drugs (NSAIDs) unless otherwise directed by your doctor.
- Arrange for a responsible adult to drive you home after the procedure. You will not be allowed to drive yourself.

The Day Before Your Colonoscopy

- Drink only clear liquids the entire day (no solid food). Allowed liquids include water, clear broth, black coffee or tea (no cream), clear juice (apple, white grape), sports drinks, gelatin (no red or purple), and popsicles.
- Do NOT drink anything red, purple, or orange colored.
- At 5:00 PM: Begin bowel prep using the prescribed solution (e.g., Suprep, GoLYTELY, or similar). Follow your specific prescription instructions.
- Drink the entire amount as directed, followed by plenty of clear liquids.
- Stay near a bathroom as you will have frequent bowel movements.

Day of Your Colonoscopy

- Do not eat or drink anything 2 hours prior to your procedure.
- Take only essential medications with a small sip of water, if instructed by your doctor.
- Arrive at the facility at your scheduled check-in time.

Helpful Tips

- You may use baby wipes or a soothing cream to avoid irritation from frequent bowel movements.
- You may feel tired or cold during the prep—this is normal.
- Contact our office if you are unable to finish your prep or if you have severe nausea, vomiting, or abdominal pain.

If you have any questions, please contact our office at (469) 933-2253.