

A good colonoscopy starts with a cleaned-out colon.

IMPORTANT

STOP Aspirin, Plavix (or other antiplatelet agents), Coumadin (or other anticoagulation agents), and Iron prior to the procedure **as instructed**. Tylenol (acetaminophen) is OK.

DAY BEFORE THE PROCEDURE

Morning: Have a **light breakfast**. You must **not** have solid food after breakfast. You **can** continue to drink clear liquids all day (until midnight).

Noon: **Clear liquids only** (no red or purple).

Evening: **Clear liquids only** (no red or purple).

- ✓ Water or Coconut Water
- ✓ Crystal Light® (no red or purple)
- ✓ Apple or Orange Juice (no pulp)
- ✓ Coffee or Tea (no milk or cream)
- ✓ Gatorade® (no red or purple)
- ✓ Clear bouillon soup (no fat)
- ✓ Popsicles (no red or purple)
- ✓ Jello® (no red or purple)
- ✓ Ensure® or Boost®
- ✓ No alcohol
- ✓ No milk or dairy

① Note: Drink plenty of clear liquids on the day before the procedure. Take your usual blood pressure medications.

DO NOT EAT OR DRINK ANYTHING THE DAY OF THE PROCEDURE EXCEPT FOR THE LAXATIVE



YOU CAN NOT DRIVE HOME.
 Arrange transportation in advance.

PREPARATION INSTRUCTIONS

DAY BEFORE THE PROCEDURE

STEP 1

By 6:00 PM prepare the laxative as instructed then begin drinking **half (1/2)** of the laxative mixture.

See instructions for your laxative.

Drink the laxative as instructed. Chilled with a straw helps.

Continue drinking until **STEP 1 is completed**.

DAY OF THE PROCEDURE

STEP 2

Four (4) hours before your procedure prepare and resume drinking the remaining half of the laxative and water as instructed until **STEP 2 is completed**.

① NOTE: You **must finish drinking all liquids** at least **two (2) hours before** your colonoscopy.

TAKE YOUR USUAL BLOOD PRESSURE MEDICINE WITH A SIP OF WATER.

For diabetics on insulin: USE ONE-HALF (1/2) OF YOUR USUAL INSULIN DOSE the morning of the procedure and the other one-half (1/2) **after** the procedure.

- Dr. Steiner
- Dr. Yotseff
- Dr. Dooreck

DATE _____

TIME _____

- WALNUT CREEK MEDICAL CENTER
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 Behind CVS & Dunkin'
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 7800 Sheridan Street
 Pembroke Pines, FL 33024
 University & Sheridan | Outpatient
 The hospital will call you with the time
 (954) 962-9650

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Any questions
 call 954-963-0888