

Austin Medical Associates, P.C.

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Colonoscopy Step By Step Instructions

- **Day Before All Clear Liquids Diet (See Liquid Below) No Solids No Red or Purple**

Liquids Allowed

Water
Clear Broth
Tea or Coffee NO MILK
Apple Juice
Ginger Ale
White Cranberry Juice
White Grape Juice
Plain Gelatin (No Red or Purple)
Frozen Juice Bars (No Red or Purple)
Lemonade
Gatorade (No Red or Purple)

Liquids Not Allowed

No Red or Purple
No Milk or Dairy
No Alcohol
No Pulp

- **5 PM Take 3 Dulcolax Laxative Pills and then take 1st Prep**
- **Drink Two 8oz Cups of water Continue to drink liquids to stay hydrated**
- **The morning of your procedure 5 hrs before take 3 Dulcolax Laxative Pills and then Take 2nd prep**
- **Drink another two 8 oz Cups of water**
- **Stop All Liquids 3 Hrs Before you procedure. (Failure to follow instructions will delay your procedure or possibly cancel your appointment**
- **Note: If you are taking aspirin, Plavix or the anticoagulants Coumadin or Warfarin, discuss with your doctor to find out if there is a need to stop this medication prior to your procedure.**
- **Generally, it's ok to take your normal medications for heart, lung and blood pressure before the procedure with a small sip of water.**
- **Do not take diabetic medications unless directed by doctor before the procedure because you will be Fasting.**
- **Do not drive yourself home after procedure.**
- **Do not wear jewelry that could fall off during the sedation.**
- **Patients that wear contacts should remove contact before the procedure.**
- **Try to avoid using lotion on arms as this may interfere with intravenous placement.**