



COLONOSCOPY DIET INSTRUCTIONS

If you are having only a colonoscopy or both an upper endoscopy and a colonoscopy, follow these instructions.

1 **DIET - THE DAY BEFORE YOUR PROCEDURE**
You must have only clear liquids the entire day before your procedure. If you have eaten any solid food the day before your procedure Do Not Prep, and call your physician's office to reschedule your procedure.

2 **DIET - THE DAY OF YOUR PROCEDURE**
You may only have clear liquids. You may have clear liquids until 2 hours before your appointment time.
No items such as gum, hard candy, breath mints or chewing tobacco 2 hours before your appointment time.

3 **MEDICATIONS - THE DAY OF YOUR PROCEDURE**
You should take your prescribed medications (except those not allowed on the general instruction page) until 2 hours before your appointment time.

4 **FOLLOW ALL INSTRUCTIONS.** Failure to follow all instructions will delay your procedure or result in the rescheduling of your procedure.

CLEAR LIQUIDS ONLY - NO MILK PRODUCTS

If you have eaten any solid food the day before your procedure Do Not Prep, and call your physician's office to reschedule your procedure.

- WATER**
- CHICKEN OR BEEF FLAVORED BROTH**
- POPSICLES WITHOUT MILK/DAIRY PRODUCTS** (No popsicles red or purple in color, such as strawberry, cherry, or grape flavors)
- JELLO** (No Jello red or purple in color, such as strawberry, cherry, or grape flavors)
- COFFEE OR TEA** sugar, lemon and artificial sweeteners are allowed (No cream or artificial creamers)
- COLAS** (No drinks red or purple in color, such as strawberry, cherry or grape flavors)
- NON-CARBONATED DRINKS** such as Kool-Aid, Country Time, Gatorade, Crystal Light (No drinks red or purple in color, such as strawberry, cherry or grape flavors)
- JUICES** clear juices such as apple or white grape (No thick juices such as orange or pineapple, No juices red or purple in color, such as strawberry, cherry or grape flavors)