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Instructions for Colonoscopy:

1. Do Not Eat or Drink anything after Midnight the night before you procedure.
2. You will be sedated and cannot drive so you will need someone to drive you and stay during procedure. The surgeon will speak to the person who drove you after the procedure

The prep kit is to be started the day before your colonoscopy; You are to have **NO SOLID FOODS**. After starting the prep you may experience **abdominal pain, nausea, vomiting and cramping**. This is due to the prep and should get better. You can take gas-x to help with gas pains.

START YOUR PREP FOR COLONOSCOPY THE DAY BEFORE:

You may drink **LIQUIDS ONLY** the day you start your prep:

YOU MAY HAVE:

Chicken broth
Beef broth
Jello
Popsicles
Gatorade
Soft drinks
Tea
Coffee with non-dairy creamer
Most Liquids

DO NOT DRINK:

Any Red products
Milk
Ice Cream

DRINK PLENTY OF FLUID ALL DAY LONG