

Planning for your Colonoscopy

	2 Weeks Prior to Procedure	5 Days Prior to Procedure	1 Day Prior to Procedure	Day of Procedure
To Do:	Arrange for transportation to and from your procedure	Pick up your Prep from the pharmacy and read prep instructions	Prepare prep based on HGA instructions	If you use a CPAP machine, bring with you to your procedure.
	Contact your GI doctor if there are any changes in your medical condition or medications (prescription or non-prescription) 908-483-4000 and ask to speak with a scheduler	Stock up on necessities including acceptable clear liquids (See instruction sheet) and toiletries	Start your prep at designated time	
			Confirm transportation to and from procedure	
Medications:		Stop using Aspirin products including all aspirin, baby aspirin, ibuprofen, Motrin, Nuprin, and Aleve. Tylenol MAY be used.	Continue following prior medication restrictions	Take Blood Pressure medication with a sip of water on the morning of your procedure. If you normally take at night, continue to do as usual.
		Stop using Iron and Fiber		
		Adjust other medications based off of physicians orders on instruction sheet		
Diet:			Begin clear liquid diet as instructed by HGA	

Clear liquid diet defined as: water, black tea, black coffee, clear soda (7up, sprite, ginger ale), white grape juice, white cranberry juice, clear broth (chicken or vegetable); ONLY LEMON & LIME FLAVORED Jell-O, Italian Ices, Kool Aid, Popsicles, Gatorade

NO Milk & Dairy Products, NO Red/Purple colored liquids