

Colonoscopy Prep Instructions

Diet

Several days before, your doctor may recommend starting a low-fiber diet to reduce intestinal residue.

The day before, Switch to a clear liquid diet, which includes water, clear broths, apple juice, tea, and coffee without cream. Avoid any liquids that are red, purple, or orange.

Laxatives

Take a prescribed laxative or follow a specific prep kit. Common preparations include drinking a large volume of a liquid laxative, taking pills, or using a combination of both.

Timing

Follow your doctor's schedule. You probably will start the preparation in the afternoon or evening before your colonoscopy.

Hydration Importance

Drink lots of clear fluids to help prevent dehydration and ensure the prep solution works effectively.

Bowels

Expect frequent bowel movements and possibly some discomfort as the laxative takes effect. This is normal and necessary for a clear colon.

Procedure Day

On the morning of the procedure, you might be instructed to refrain from eating or drinking anything for several hours before your colonoscopy.

Arriving

Arrive at the clinic or hospital as instructed. You might be asked to change into a gown and remove any jewelry or accessories.

[DocDownloads](#)

Post Care

- You might feel bloating and cramping afterward.
- Have a family or friend (or Uber!) drive you home, as you will most likely receive sedation during the procedure.