Colon cancer is one of the few types of cancer we have the ability to prevent. A colonoscopy is the number one way to beat a leading cause of death for men & women in America.

**Shopping List**

It will be difficult to leave your home or be far from your bathroom once you begin drinking the bowel prep. Stock up on these items ahead of time:

- Pick up the bowel preparation mixture your physician has prescribed
- Sodas (lemon-lime, ginger ale & colas)
- Peach flavored EnsureTM (clear)
- Sports drinks (clear, orange, green or lemon-lime)
- Apple or white grape juice
- Coffee or tea (with no milk or cream)
- Clear bouillon or clear broth
- OJell-OTM (yellow, orange, green or peach)
- Fruit-flavored popsicles (orange)
- Straws
- Toilet tissue
- Petroleum Jelly
- Personal hygiene cleansing cloths

**Eating Preparation**

3-5 DAYS BEFORE

**AVOID**
- Dairy products
- Seeds & Nuts
- Meats that are tough & not lean
- Corn
- Popcorn
- Spinach
- Kale
- Tomato skins
- Any fruit that has a peel
- Raw vegetables
- Beans
- Raisins
- Fiber supplements
- High-fiber cereals
- Vitamins, iron or herbal supplements

**WHAT YOU CAN HAVE**
- Beverages from the clear liquid diet list can be mixed with your bowel prep to improve flavor & mask the prep after-taste.

6:00 PM NIGHT BEFORE

Begin 1st part of the bowel preparation (i.e., 4.5 gallons of PEG solution).

**Bowel Prep Tips**

- Freshen your breath
- Chill drinks
- Set up a comfortable place to sit or lie down
- Fill a large clear container or bottle with clear liquid diet mixture
- Take your prescribed medications unless instructed otherwise by your physician with a small sip of water
- If you need to eat with your medication, please wait to take it until after your procedure
- If you are on blood pressure medication, take it with a small sip of water before leaving your home
- If you are diabetic, do not take insulin or diabetic medication before your procedure

On the Day of Your Colonoscopy

6 HOURS BEFORE

Finish the 5th part of the bowel preparation (i.e., 2.5 gallons of PEG solution).

4 HOURS BEFORE

What Shouldn't You Eat or Drink?

Seniors' Orders
- No food or drinks
- No smoking
- No chewing gum
- No alcohol
- No aspirin

Take with Food?

- Blood Pressure
- Diabetic

**GETTING READY**

- Arrive one hour before your scheduled procedure time
- Expect to be at the location of your procedure for approximately 2-3 hours
- You'll be under light sedation & unable to drive the day of your colonoscopy
- Make arrangements with a loved one to drive you to the office & stay with you during the procedure
- If you take anticoagulants, check with your primary care physician or cardiologist before you start bowel prep to see what directions they would like you to follow
- Concerned about nausea? Ask your physician for a prescription for anti-nausea medication ahead of time
- If you are diabetic you will take half your usual dose of insulin or oral diabetic medication
- Plan to take off work the day of your colonoscopy as you will be groggy & unable to drive. Most people can manage the clear liquid diet at work the day before their procedure

**TIMING**

- It is safe to brush your teeth the morning of your procedure
- You can take your prescribed medications unless instructed otherwise by your physician with a small sip of water
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**After You Schedule**

- Find a Ride
- Insurance Management
- Stress Management
- Procedure Care

- Taking Off Mind
- Anticipating Procedure
- Anticipating Recovery

- Shopping List
- Eating Preparation
- On the Day of Your Colonoscopy
- TIMING

**Colonoscopy Survival Guide**

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