

How do I prepare for my colonoscopy?

7 days before test

Date: _____

Talk to your doctor about your medicines. You may need to change the way you take some of them.

2-6 days before test

Date: _____

Follow your normal diet. Drink lots of water.

Medicine the day before test

Date: _____

There are 3 different types of medicine you can take before colonoscopy. Ask your doctor which medicine you will have. Cross out the other 2 directions and only follow the directions for the medicine your doctor said.

1 4 liters of medicine.

Follow these directions if your doctor only gave you a large jug with powder in it.

- The powder will make you go to the bathroom a lot. Fill the jug with water. Shake the jug to mix the medicine into the water.
- At _____, drink **1 glass** of the mix every **10 minutes**. Drink it until it is gone.

2 2 liters of medicine with pills.

Follow these directions if your doctor gave you pills and a jug with powder in it.

- At **12:00pm, take the 4 laxative pills**. These pills help your body pass stool (poop).
- After you pass stool **or** at 6:00pm, fill the jug with water and shake it well. Drink **1 glass** of the mix every **10 minutes** until it is gone.

3 Small amount of medicine with pills.

Follow these directions if your doctor gave you a small bottle and pills.

- At **12:00pm, take 4 laxative pills**. Laxative pills help your body pass stool (poop).
- After you pass stool or at 6:00pm, mix **1 capful of powder** with 1 glass of water. Drink this every 10 minutes until you have had 8 ½ glasses.

What you eat the day before test

Date: _____

Do not eat any solid foods the whole day. Have at least 8 cups of clear liquids. You can have:

- Clear broth, like vegetable or fat-free chicken broth.
- Fruit juice. Have clear fruit juice with no pulp.
- Jello. Do not have red or purple jello.
- Tea or coffee. Do not put milk or cream in your coffee.
- Frozen popsicles. Do not have red or purple popsicles.
- Soda/seltzer. Only have clear sodas.
- Water or ice

Day of your test

Date: _____

Do not eat or drink anything. If your doctor told you to take any medicines, you can drink water to take them. Make sure you have an adult who can take you home after the test.