

For the colonoscopy to go well, you need to take steps to make sure your colon is clean so the doctor can see it clearly. This is called bowel prep. Good bowel prep is important for a successful colonoscopy. This is a general guide to bowel prep. Instructions can vary so please talk to your doctor.



Low Fiber Diet

Starting a few days before your procedure, stop eating high fiber foods like nuts, seeds, popcorn, lettuce, and raw vegetables. These foods take a long time to digest, and you do not want any pieces of food to still be in your colon for your colonoscopy.



Liquid Diet

The day before the procedure, stop eating solid foods and only drink clear liquids. Examples include broth, Gatorade (but not red or purple), coffee without dairy, tea, or fruit juice without pulp.



Laxative Medicine

Take the full dose of your bowel prep medicine as instructed by your doctor. Your doctor may recommend you split your laxative medicine into two doses. This cleans your bowel so your doctor can clearly see your colon to find any polyps. You will want to be near a bathroom once you take the medicine as you will have frequent, loose, watery stools.



Colonoscopy Appointment

Stop drinking anything at least 2 hours before the procedure, but check your paperwork to confirm when you need to stop drinking.

Allow a full day for your colonoscopy, even though the procedure only takes about 30 minutes.

You will be given medication that makes you sleep. Because you will feel sleepy after the procedure, your doctor generally requires a family member or friend go with you to your appointment and take you home.

Reach out with questions!

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Your Colonoscopy Appointment:



Date:
Time:
Location: