

COLONOSCOPY CHECKLIST: ATTACHED IS A DETAILED CHECKLIST TO HELP YOU PREPARE FOR YOUR COLONOSCOPY. PLEASE READ ENTIRELY AND USE CHECKLIST TO HELP INSURE A COMPLETE PREP FOR YOUR PROCEDURE.

ONE WEEK BEFORE COLONOSCOPY

- Do you have your bowel prep and instructions? If not, call office immediately.
- If you have questions regarding your current medications please call office at 719-543-3500 to speak with staff.
- Make arrangements for a responsible adult over 18yrs old to drive you home after your procedure.
 - **You can NOT use a bus, a taxi, or ride share application, such as Uber, without a responsible adult to accompany you.**
 - You are NOT to drive for the remainder of the day.
- Does your scheduled date and time still work for you? If not, please call the office immediately to reschedule.

ONE DAY BEFORE YOUR COLONOSCOPY

- Breakfast, Lunch and Dinner Clear liquids only, NO solid food (refer to instruction sheet).
- No Solid foods all day. Clear liquids ONLY for entire day (no red, orange or purple).**
- Drink plenty of clear liquids throughout the day.*
- You can NOT drink alcoholic beverages or consume marijuana the day before or day of your procedure.**
- Start the first part of your bowel cleanse starting at the time listed on your instruction sheet.
- Start the second part of your bowel cleanse at the time listed on your instruction sheet.

DAY OF YOUR COLONOSCOPY

- Do NOT eat any solid foods until after your procedure.
- Start the final half of your bowel cleanse 7 hours before your check in time and completing in full 4 hours before check in time.
 - *It is important to complete this step due to debris rebuilding in your colon.*
 - *If not done properly, may result in unsatisfactory cleanse.*
- After completion of cleanse, do NOT drink any other liquids.
- Do NOT have anything by mouth 4 hours before check in time.**