

- ⇒ Colon cancer is the **3<sup>rd</sup>** most common cancer and the **2<sup>nd</sup>** leading cause of death due to cancer in the U.S.
- ⇒ Colon cancer affects men and women of **all** races and ethnicities.
- ⇒ **It is preventable!** Regular colonoscopies can detect and treat pre-cancerous lesions. If cancer is present, it can be detected at an earlier stage, leading to better outcomes.

**Why do I need to prep for a colonoscopy?** Completely emptying your colon before a colonoscopy allows doctors to see any abnormalities in your colon more clearly. Your doctor will prescribe a bowel preparation (“prep”) for you to take before your colonoscopy which will cause you to have diarrhea and clean your bowels.

### Helpful preparation tips:

- Mix the solution according to the instructions and refrigerate it for a few hours before drinking it. Don’t mix it with your favorite drink; it won’t be your favorite anymore!
- Drink the prep through a straw placed at the back of your mouth.
- If you feel nauseous while drinking the prep, wait thirty minutes before restarting it and take small sips. Walking around may help.
- The process can be uncomfortable! Buy flushable moistened wipes to use instead of toilet paper.
- You will not be allowed to drive after the procedure. Arrange for a ride home in advance.
- If you develop significant dizziness, nausea, or can not tolerate the prep for any reason, call your gastroenterologist.

# How to prepare for your Colonoscopy

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**Procedure Date:** \_\_\_\_\_  
**Doctor:** \_\_\_\_\_  
**Phone #:** \_\_\_\_\_  
**Address:** \_\_\_\_\_  
\_\_\_\_\_

Any questions or problems? Call the GI doctor’s office at the phone number above.

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7 days before: Date: _____	_____	5 days before: _____	_____	3 days before: _____	2 days before: _____	1 day before: _____
<input type="checkbox"/> Buy your prep (no red magnesium citrate) and read the instructions  <i>Tip: Can't afford it? Please call your gastroenterologist.</i>  <input type="checkbox"/> Stop iron supplements	(continue from prior day)	<input type="checkbox"/> Call 617-499-5220 to Pre-register	(continue from prior day)	<input type="checkbox"/> Start eating "white foods" (white rice, pasta, bagels, mashed potatoes, yogurt, cheese)  <i>Tip: Limit your meat consumption to ensure an effective prep!</i>  <input type="checkbox"/> Do NOT eat high fiber foods (popcorn, beans, seeds, nuts)		<input type="checkbox"/> Start a clear liquid diet*  <input type="checkbox"/> Prepare and refrigerate your prep  <input type="checkbox"/> Follow the instructions for when to start the prep

### \*What is a Clear Liquid Diet (CLD)?



Stay hydrated! Drink more fluids than usual.



Juice you can see through!



Flavored sports drinks (not red or purple)



Clear broth



DON'T drink orange juice. You can't see through this!



Alcohol is NOT part of a Clear Liquid Diet!



Black tea or black coffee without milk or creamer



Jello (not red or purple)



Popsicles (not red or purple)



Clear soda (Ex. ginger ale)



Don't drink dairy

