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Patient Colonoscopy Instruction Sheet

You have been scheduled for a colonoscopy on _____ arrive time: _____.
The following instructions will help you prepare for the test.

The morning of the day before your test (_____)::

- 8:00am – Eat a light breakfast. (toast and an egg)
- Drink plenty of clear liquids all morning.
- 12:00 noon – Have a clear liquid meal. Drink 8 oz of clear liquids.
- 1:00 pm - Drink 8 oz of clear liquids.
- 2:00pm – Drink 8 oz of clear liquids. **Pour the Phosphate Oral Saline Laxative into ½ glass of liquid and drink it; drink another full glass of liquid immediately.**
- 3:00pm – Drink 8 oz of clear liquids.
- 4:00pm – Drink 8 oz of clear liquids
- 5:00pm – Drink 8 oz of clear liquids.
- 6:00pm – Have a clear liquid meal. Drink 8oz of clear liquids.
- 7:00pm – Drink 8 oz of clear liquids.
- 8:00pm – Drink 8 oz of clear liquids.
- 9:00pm – Drink 8 oz of clear liquids.

Drinking lots of clear liquids the entire day before the procedure is essential to a good colon preparation.

You may take your nighttime medications. But have nothing else to eat or drink after midnight.
The morning of your test you may brush your teeth and rinse your mouth, but do not swallow any water.

The day of your exam you will **not** eat breakfast.

Seven (7) days before your procedure, discontinue use of any Aspirin, Coumadin, Plavix, Zocor, Cadvet, Zetia, Lescol, Mevacor, Advicor, Pravachol, Crestor, Lipitor, Vytorin, Vitamin E, Percodan, Goodys Powders, BC Powders, Alka Seltzer, Ibuprofen, Motrin, Advil, Aleve, Vioxx, Celebrex, Bextra, Bufferin, Empirin, Ascriptin, Midrin, Nuprin, Naproxen, Sulindac, Clinoril, Piroxicam, Feldene, Indomethacin, Indocin, Diclofenac, Voltaren and **ALL herbal medications.**

Patients who routinely take Coumadin will need to check with the prescribing physician to make sure that it is OK with them to hold these medications seven (7) days prior to the procedure.

Below you will find a short list of acceptable clear liquids that is intended to guide you during your day.

Allowed Clear Liquids

Ginger Ale, Coke/Pepsi, 7-Up/Sprite
Apple Juice, Kool-Aid,
Sweet/Iced Tea, Lemonade, Gatorade
Jell-O, Popsicles,
Coffee, no cream (sugar/sweetener allowed)
Clear soup broth, consommé, bouillon

Not Allowed

Milk products, including ice cream, yogurt
Fruit juices containing pulp, such as
Orange, tomato, pineapple
Non-clear soups, such as tomato or potato
Puddings and custards