

Sample Six Day Colonoscopy Prep Guide

This plan is meant to be a guide, not medical advice. Always seek in-person medical advice and make medical decisions with your physician.

6 days before colonoscopy:

1. Read all preparation instructions
 - Create meal plan of items you prefer
 - Make shopping list
 - Purchase groceries for meal plan
 - Acquire colonoscopy preparation products
2. Arrange a driver for your procedure
3. Stop all medications containing aspirin and ibuprofen

5 days before colonoscopy:

1. Acetaminophen is okay
2. Determine meals for five days
3. Stop supplements: Herbal, vitamins and oral iron supplements
4. Start low-fiber diet meal plan

Foods **ALLOWED** five days before the procedure:

- White bread, pasta and noodles, white rice, potatoes without skin
- Canned or well-cooked vegetables without seeds or skin
- Canned fruit or fresh fruit without skin or membranes
- Tender meat, chicken or fish

Foods to **AVOID** five days before the procedure:

- Any food containing seeds, nuts or popcorn
- Raw vegetables with a skin, seeds, corn, broccoli, cabbage, dried beans or peas
- Whole grain bread or pasta, brown or wild rice, cereal such as oatmeal, shredded wheat and granola
- Fruit with skins
- Tough meat with gristle
- Fatty foods

Suggested Meal Plan



4 days before colonoscopy:

- **Breakfast:** eggs, white toast, jam
- **Lunch:** turkey sandwich on white bread with avocados, baked potato chips
- **Dinner:** grilled chicken thighs, sautéed mushrooms, white rice cooked in mushroom broth

3 days before colonoscopy:

- **Breakfast:** Greek yogurt with bananas and honey topping
- **Lunch:** tuna with olive oil and lemon juice on sour dough bread, honeydew melon cubes
- **Dinner:** cedar plank wild salmon (no coloring), sautéed spinach with garlic, Israeli couscous

2 days before colonoscopy:

- **Breakfast:** half cantaloupe with Greek yogurt and honey topping
- **Lunch:** turkey sandwich on sour dough bread, honeydew melon cubes
- **Dinner:** Orecchiette

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2 days before colonoscopy:

1. Confirm that you have a driver who will come with you to the appointment
2. Complete all medical forms
 - List all medications you are on
 - Find insurance cards
 - Prepare first and last names with address of all doctors you want to receive a copy of your procedure
3. Determine what you will be wearing
 - Comfortable, loose fitting clothing
 - Tennis or flat shoes
 - Do not wear jewelry, watches or bring valuables

1 day before colonoscopy:

1. No solid food or alcohol
 - Liquids you must avoid:
 - Milk, shakes, smoothies, dairy products

- Juices: orange, grapefruit, prune (no red or purple juices)

Clear liquids you **MAY CONSUME**: (no red or purple flavors/colors)

- Juice: apple, white grape
 - Sports drinks that replace electrolytes
 - Soda: ginger ale, orange, diet cola, cola
 - Coffee or tea (no cream)
 - Clear soup, beef broth, chicken broth, bouillon
2. Hydrate
 3. Medications
 - Make sure you take the prescribed medications one hour prior to drinking prep solutions so they can absorb
 4. Bowel Preparation
 - Follow your bowel prep instructions for the prep your doctor prescribed

Colonoscopy Day

- No food or liquid three hours before your scheduled procedure time
- You may take your morning medications with a small sip of water (i.e. blood pressure med) with the exception of medications listed on this page.
- Your driver must take you to check in to your appointment and must give you a ride home
 - Arrive — 30 minutes before your appointment time to check-in
 - Procedure
 - Scheduled to release

The Colorectal Cancer Alliance's mission is to end colorectal cancer within our lifetime. We are doing this by championing prevention, funding cutting-edge research and providing the highest quality patient support services. Read more information about the Colorectal Cancer Alliance at ccalliance.org.

This document was adapted from Kaiser Colonoscopy Instructions.

ccalliance.org | Helpline: (877) 422-2030

The Colorectal Cancer Alliance is a national organization committed to ending colorectal cancer within our lifetime. We are your allies — a national network of passionate survivors, caregivers and advocates dedicated to helping you and your family navigate all aspects of the disease, from diagnosis and treatment to a lifetime of progression-free survival. We are a community of people eager to share experiences, address your concerns, and answer your questions. We understand the different stages of the colon cancer journey because we've been there. We are here for you when you need us because we believe tomorrow can't wait.

