

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 the Colonoscopy:

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

5 days Before the Colonoscopy:

- Acetaminophen is ok
- Determine meals for five days
- Stop supplements: Herbal, vitamins and oral iron supplements

● 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 the Colonoscopy:

- Confirm that you have a driver who will come with you to the appointment
- 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
- Determine what you will be wearing
 - Comfortable, loose fitting clothing
 - Tennis or flat shoes
 - Do not wear jewelry, watches or bring valuables

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 Colon Cancer Alliance at ccalliance.org.

This document was adapted from Kaiser Colonoscopy Instructions.



1 day Before the Colonoscopy:

- 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
- Hydrate
- Medications
 - Make sure you take the prescribed medications one hour prior to drinking prep solutions so they can absorb

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

ccalliance.org

Helpline: (877) 422-2030