

# Sample six day colonoscopy prep guide

This plan is meant to be a guide, not medical advice. Always 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:

- Taking acetaminophen is OK
- Determine meals for five days
- Ask your doctor before continuing any supplements or aspirin therapy

- 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



[ccalliance.org](https://www.ccalliance.org)

Helpline: (877) 422-2030

# Sample six day colonoscopy prep guide

## 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 who should 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 alliance 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](http://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 be absorbed
- 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.
- Make sure someone is available to drive you home
  - Arrive 30 minutes before your appointment time to check-in

[ccalliance.org](http://ccalliance.org)

Helpline: (877) 422-2030