

Prepare for Your Colonoscopy

Your colon must be completely empty and clean to do the test. Your doctor gives you instructions to clean out your colon for your test. This is called "prep". The instructions tell you how to clean out your colon for your colonoscopy. The prep has special directions on foods, drinks, and medicines.

The prep is very important for the doctor to see the whole colon. Follow the prep carefully.

- First, check the date for your colonoscopy test.
- Next, check the date and time the doctor wants you to start your prep. You may need to start your prep 1-2 days before your test.
- Read the directions for your prep a few days before your test to make sure you understand them. If you have any questions about the prep, please call your doctor's office.
- If you do not complete the prep before your colonoscopy, you must re-schedule the test.

Before Your Colonoscopy

- **DO NOT eat or drink anything after midnight (before the test) unless your doctor tells you otherwise.**
- **For your comfort,** the doctor gives you medicine before your test that makes you sleepy. You cannot drive or work with machinery until the day after your test.
- **For your safety, make sure someone can drive you home after your test.** You may also arrange for medical transportation for a cost. Ask the staff in your doctor's office or check the phone book for more information about this service. Note: If you come to the hospital for your colonoscopy and you do not have a ride home, you must re-schedule your test.