

## Prep for Colonoscopy

### Day Before Your Colonoscopy

Drink only clear liquids. Avoid all red or purple colored liquids. **Do not eat any solid food or milk products.**

Clear Liquids:

**Water	**Koolaid	**Soft drinks including Coke
**Gatorade	**Fruit Juices (no pulp)	**Jello
**Clear broth or bouillon milk/creamer)	**Popsicles (not red or purple)	**Coffee/tea (no

Follow the schedule on the next page for your bowel prep. Please check with your pharmacy for your colonoscopy prescription prep.

\*\*You need to drink plenty of clear liquids throughout the day to prevent dehydration while prepping for the colonoscopy. \*\*Please inform us if you are on any blood thinners including Aspirin. If you are on blood pressure medication, you may take these with a sip of water at your usual time. If you are on diabetes medications, consult your primary physician with how these should be taken prior to your procedure. **NOTHING TO DRINK AFTER \_\_\_\_\_**. Please arrange for a family member to stay at the facility/hospital the entire time you are in surgery. You will not be allowed to drive yourself. **Contact our office directly at 704-333-1259 if you need to reschedule or have questions regarding your prep.**

### Your Appointment Information:

Midtown Medical Plaza  
1918 Randolph Rd Ste 740  
Charlotte, NC 28207  
704-316-0810

**Pre-Register: 888-844-0080 opt 3**

Presbyterian Hospital  
200 Hawthorne Ln.  
Charlotte, NC 28204  
704-384-4000

**Pre-Register: 888-844-0080 opt 3**

Ballantyne Outpatient Surgery  
14215 Ballantyne Corporate Pl Ste 210  
Charlotte, NC 28277  
704-316-2650

**Pre-Register: 888-844-0080 opt 3**

Date: \_\_\_\_\_

Arrival Time: \_\_\_\_\_

Procedure Time: \_\_\_\_\_

**DO NOT EAT ANY SOLID FOODS THE DAY BEFORE YOUR COLONOSCOPY, ONLY CLEAR LIQUIDS!!**