

A · N · N · I · S · T · O · N
GENERAL SURGERY CENTER

Committed to providing you state-of-the-art care

1901 Leighton Avenue, Anniston, AL 36207 | (256) 240-9660 | Fax: (256) 240-9636 | www.AnnistonGeneralSurgery.com

Instructions For Colonoscopy Prep

Day before examination:

Drink clear liquids for breakfast, lunch and dinner. Solid foods, milk, or dairy products are not allowed. You may have as much clear liquid as you want.

Clear liquids include:

- Fruit juices without pulp i.e. apple, white grape, lemonade (no red or purple drinks)
- Water
- Clear broth or bullion
- Coffee or tea (without milk or non-dairy creamer)
- Gatorade (no red or purple)
- Soft drinks
- Kool-Aid (no red or purple)
- Plain Jell-O (no red or purple)
- Continue clear liquids until midnight. No Liquids after midnight.

Day of exam:

- Nothing to eat or drink.
- Heart or blood pressure medications can be taken with a sip of water.
- Arrive for your colonoscopy at scheduled time with someone to stay with you and drive you home.