



**SOUTHERN NEW MEXICO**  
SURGERY CENTER

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**COLONOSCOPY PREPARATION**

The most important part of a successful Colonoscopy is the preparation. This means making sure that the entire stool in your colon is cleaned out and all that is left is some clear liquid.

**Part One: Colon Preparation What Everyone Should Do:**

It is very important that these rules are followed carefully. There are two things that you need to do.

1. *DRINK LOTS OF LIQUIDS. YOU SHOULD DRINK AT LEAST 6 GLASSES OF WATER A DAY STARTING 2 DAYS BEFORE THE PROCEDURE.* It is important for the stool in your bowel movements to be soft. This makes it easier to be cleaned out. If you don't drink a lot of water the stool can get hard and this makes it harder for the preparation to flush it out.

2. *EAT A LOW ROUGHAGE DIET STARTING 3 DAYS BEFORE THE PROCEDURE. DECREASE THE AMOUNT OF THE FOLLOWING FOODS: WHOLE GRAIN BREAD AND CEREAL, VEGETABLES THAT HAVE A LOT OF FIBER SUCH AS BROCCOLI, CAULIFLOWER, SALAD GREENS, CABBAGE, CARROTS, CELERY, SPINACH, SWEET POTATOE, AND SUNFLOWER. STOP ANY ADDED FIBER SUCH AS METAMUCIL AND FIBERCON.* Fiber makes the stool firmer and more difficult to clean out. Normally you should be on a high fiber diet but for this test it is easier if your diet is low in fiber for a few days before the test. *AVOID FOOD WITH RED DYES IN THEM LIKE JELLO.*

3. *THE REQUIRED DIET THE DAY PRIOR TO THE EXAM IS SPECIFIC. ON THE DAY PRIOR TO THE EXAM YOU MAY HAVE A LIGHT BREAKFAST.* This includes: any clear liquids, one boiled or poached egg or small portion of skinless chicken/turkey or fish, white toast with no butter, or one 8 oz can ensure, do not take ensure plus. *NO MORE REGULAR MEALS FOLLOWING THIS, YOU MAY HAVE ALL THE CLEAR LIQUIDS YOU WISH.* Clear liquids include the following: soft drinks, Gatorade, kool-aid (no red or purple dyes), strained fruit juices without pulp, water, tea or coffee (no milk or creamer), low sodium chicken or beef bouillon/broth, hard candies, Jell-O (no red or purple dyes), popsicles (no red or purple dyes, or sherbets or fruit bars)

4. *STOP ALL BLOOD THINNERS THREE TO FOUR DAYS PRIOR TO THE EXAM.* Consult your physician for a specific timeframe. *STOP ALL ANTI-INFLAMMATORIES THREE TO FOUR DAYS PRIOR TO THE EXAM.* This will include motrin, aleve, Tylenol, ASA, etc. *FAILURE TO DO SO MAY RESULT IN CANCELLATION OF PROCEDURE.*

**Part Two: Cleansing the Bowel**

Clearing all of the stool out of the bowel is the most difficult and the most important part of the examination. There are several ways of preparing the bowel and each one can be used depending on you and your doctor's preference.