

Colonoscopy Prep Instructions



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Questions?

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Please read through these instructions completely at least 72 hours prior to your procedure to properly prepare.

Two days prior to the procedure, STOP taking iron, multivitamins, vitamin E, aspirin products, fish oil, blood thinners, or anti-inflammatory medications. Tylenol is okay.

THE DAY BEFORE YOUR PROCEDURE: NO SOLID FOODS, CLEAR LIQUIDS ONLY

1. To ensure your colon is free of stool, ***the day before your procedure***, consume ONLY clear liquids such as: water, coffee with no milk or half-and-half, tea with no fresh lemon, Jell-O (not red), Gatorade (not red), Popsicles (not red), broth, bouillon, sodas, Crystal Light, and apple juice (sweeteners are okay to use).
2. The laxative provided by your local pharmacy will come in a clear plastic gallon jug with a powder laxative already inside the jug.
3. Fill the gallon jug with warm water to the top level line then shake and refrigerate.
4. At 6:00 p.m., begin drinking the liquid laxative. Drink one 8 ounce glass every 15 minutes until the gallon jug is empty. This should take you a few hours to complete. Diarrhea should begin about an hour from when you began taking the laxative. Nausea and vomiting may also occur.
5. You may continue with clear liquids until midnight, then ***nothing else***—no food or liquids—should be ingested.
6. Patients are allowed to continue high blood pressure/seizure medications with a small sip of water first thing in the morning, all other meds may be continued after procedure.

