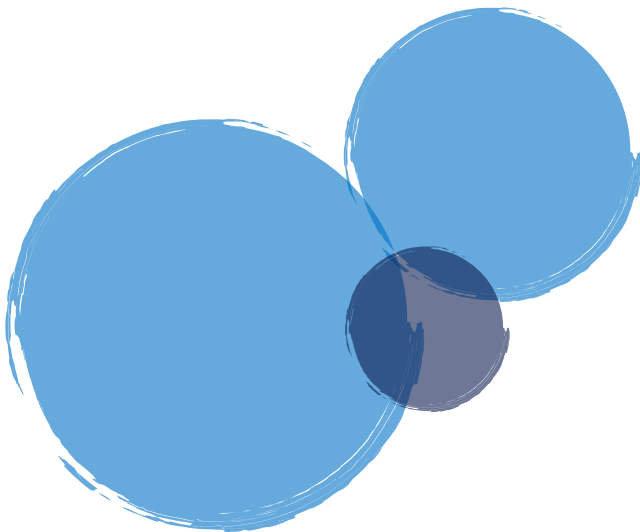


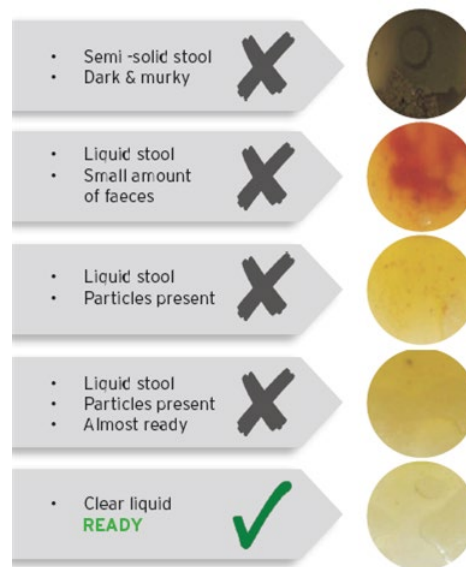
## The Week before your procedure:

- Check your prep instructions from the clinic and know what you need from the pharmacy/store
- If you take any anticoagulants (aspirin/Eliquis etc) know when and if you stop them before your procedure.
- Arrange a ride that is available to take you home on the date of your colonoscopy. The date of your colonoscopy is set by the clinic.
- Expect a call: The surgery department will call between 1 to 5 days before your colonoscopy date with your check-in time.



## How to Know if you are Ready for your exam:

- **Did you finish your prep this morning?**
  - **What does your bowel movement look like? (Refer to the image below)**
- **If your last bowel movement isn't clear, please call the surgery department or Dr. Deutchman's nurse.**



Adapted from Hoonsub et al; 2015

1. Hoonsub S et al. Intestinal Research 2015;13(2):153-159.

So, It's Colonoscopy time?

Put this on your fridge and

**Don't Sweat the Prep!**

Steele Memorial Medical Center

203 S. Daisy Street

Salmon, Idaho 83467

Surgery Department: 208-756-5713

Dr. Deutchman's nurse: 208-756-5779

# The Day Before:

- Do not eat solid foods
- Stay hydrated and only consume clear liquids
- Confirm that you have a ride arranged for going home
- Follow the prep instructions as given to you by Dr. Deutchman's nurse
- Stay close to the bathroom once you have started the prep.

# The day of:

- Finish your prep as instructed
- Take any medications that you were instructed to take with a small sip of water – note the time
- Remove any jewelry and leave that and valuables at home.
- Dress in comfortable clothing that is easy to change in and out of
- Bring your ride with you or a phone number for one – You will not be able to drive after the procedure and we will not perform the procedure without a confirmed ride home.
- LOOK IN THE TOILET – we will be asking what your last bowel movement looked like. Refer to the back of this brochure for a chart to know if your bowel is completely prepped.

# It's Time!

You have put in so much time and effort to ensure that you have had a successful prep. Now it is time for you to sit back, relax, and enjoy your “nap.”


Be proud of yourself that you are taking steps to protect your health

### CLEAR LIQUID DIET


Approved for patients with high blood pressure

Clear liquids are liquids you can see through at room temperature. If you can't see through it, you can't have it!


- NO alcohol
- NO solid foods
- NO dairy products
- NO cloudy juices like orange or pineapple juice
- NO red, blue, or purple liquids




**Water**




**Coffee or hot tea**  
sugar OK  
NO milk/cream




**Sports drinks**  
NO red, blue, or purple




**Sodas**  
NO red, blue, or purple




**Bouillon**  
NO broth



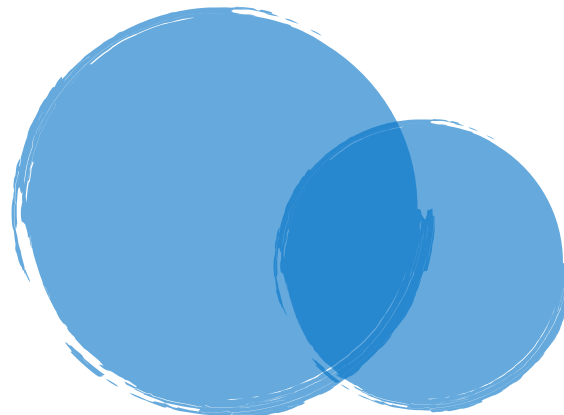
**Jello or gelatin**  
NO red, blue, or purple



Apple juice or white grape juice



**Popsicles**  
NO red, blue, or purple



I always say morning instead of good morning



Because if it was a good morning, I would be getting a colonoscopy today-unknown author