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What and What Not to Eat Leading Up to Your Colonoscopy

Five (5) Days Before Your Colonoscopy

Stop eating foods which contain seeds (for example tomatoes, strawberries, etc), corn or nuts

Stop taking iron supplements or vitamins containing iron starting today and leading up to the colonoscopy.

The Day Before Your Colonoscopy

NO solid foods.

It is important to drink plenty of fluids throughout the day so that you do not become dehydrated and so that the laxatives will be effective.

Drink mainly **CLEAR** liquids throughout the day.

Clear liquids include water, coffee, tea, clear broth, juices without pulp (no orange juice), soda, Gatorade, Powerade, ice pops, Italian ice or jello.

A **small** amount / one cup of milk, vanilla ice cream or plain yogurt during the day is acceptable.

Do not drink red colored liquids, as this can interfere with the test.

Do not drink alcohol

As an example of how much to drink throughout the day, consider drinking an 8 oz glass of water or clear liquid every hour starting at 12 noon.

The Day of Your Colonoscopy

NOTHING to eat or drink except the morning portion of the bowel preparation.

Medications should be taken on their regular schedule unless otherwise instructed.