



PREPARING FOR YOUR COLONOSCOPY

Please carefully review the entirety of the packet to familiarize yourself several days prior to your appointment to allow enough time for you to contact our office with any questions.

Pick up your bowel prep at your pharmacy several days prior to your appointment to avoid potential issues with pharmacy availability, cost, insurance, etc. If you were given a co-pay card for your bowel prep, please present it to your pharmacist at the time of your prescription pick up. Refer to your pharmacy for any questions relating to cost.

Know your insurance benefits prior to your appointment. Our office will obtain prior authorization if applicable, but it is the patient's responsibility to know their insurance benefits. Please note anesthesia and facility fees are billed separately.

DIET BEFORE COLONOSCOPY

Your bowel needs to be as clean as possible to get the most from your colonoscopy. Eating only low-fiber foods before your colonoscopy makes your bowel prep easier and more effective by limiting the amount of undigested food that has to pass through your digestive system.

AVOID the following foods **5-7 days prior** to your colonoscopy: nuts, seeds, popcorn, raw vegetable and fruits with skin (i.e. grapes, tomatoes, corn, broccoli), whole grains and cereals, and drinks containing pulp.

Tender and well-cooked meats, white breads, rice, and pasta, eggs, canned fruit and vegetables, and strained soups are some examples of acceptable low fiber foods you may consume prior to your colonoscopy.