**Advanced Surgery Center Colonoscopy Checklist**

Review E-mail/paper instructions from the GI Dr’s office

(Double check your spam mailbox and immediately contact the GI Dr’s office or

Advanced Surgery Center at 301-838-0437 if you do not have your instructions.)

Purchase the bowel prep prescribed from your doctor (Miralax, Ducolax, Clenpiq, Suprep etc.). You might also want make sure you have Gatorade (NOT red or purple flavors)

Arrange for someone to take you home. If you do not have a ride, the procedure will have to be rescheduled. (Must be a friend or a family member over the age of 18)

**Day before the procedure**

NO solid food all day

Only drink clear, transparent liquid

(Water, sprite, Gatorade, clear broth, black coffee, apple juice etc.)

Begin the bowel prep regimen as ordered by the physician

(Make sure you follow your doctor’s instructions NOT the manufacturer instructions)

**Day of the procedure**

STOP drinking liquids at least 3 hours before your procedure time

(No Water, No Gum, No food)

Arrive at the Advanced Surgery Center 1 hour before your procedure time

Do NOT take any recreational drugs

**Remember to Bring**

Photo ID

Insurance Card

List of current medications

Additional Information:

* You should expect to be at the center for about 2.5 – 3 hours
* Your ride will be called about 30 minutes before you are ready to be picked up