

Tulsa Gastrointestinal Consultants

Colonoscopy Preparation Instructions

(Please read carefully and follow all steps for the best results.)



Location: Saint Francis South Hospital, 10501 East 91st Street S, Tulsa OK 74133

Driver: You must have someone available to drive you home after the procedure.

You will not be allowed to drive yourself.

No Uber or shared car services are permissible.



A. 7 Days Before Your Colonoscopy:

Stop taking **iron supplements** and medications like Pepto-Bismol or anything containing bismuth.

If you take **blood thinners (e.g., Coumadin, Plavix, Eliquis)**, call our office to discuss when/if to stop them.

Continue taking most other medications as usual, unless otherwise instructed.



B. One Day Before:

You will be on a **clear liquid diet only** — no solid food.

Clear liquids include:

- Water, clear broth, bouillon
- Lemon-lime or ginger ale soda
- Jell-O (no red, blue, or purple)
- **Avoid:** Red, blue, or purple drinks; milk; alcohol.
- Apple juice, white grape juice
- Tea or black coffee (no milk or cream)
- Popsicles (no red, blue, or purple)



C. Bowel Prep:

You will need to take the bowel cleansing medication as prescribed.

(We will specify your prep kit at your visit or when scheduling — examples include Suprep, MoviPrep, PlenVu, Clenpiq or generic PEG solution.)

Example (Suprep):

- 12 hours before your procedure, mix the first bottle with water as directed and drink it. Follow with two 16-ounce glasses of water over the next hour.
- Then, about 6 hours before your procedure time, repeat the process with the second bottle.
- **For better taste and comfort, we recommend chilling your preparation solution in the refrigerator for an hour or two before drinking it. Many patients find it easier to drink when cold and it also helps reduce nausea and vomiting.

Stay near a bathroom once you begin the prep.



D. Day of Procedure:

- Nothing to eat or drink **except water up to 3 hours before your appointment.**
- Take your usual morning medications with small sips of water unless instructed otherwise.
- Wear comfortable, loose-fitting clothing.



Questions?

If you have any questions about your preparation, please call our office at: **(918) 221-3470.**

Thank you for your cooperation — a good preparation is key to an accurate and thorough examination.

Get Ready for Your Procedure

Need prep instructions?
Visit our website to download
everything you need for
your colonoscopy.



tulsagiconc.com/colprep