

Preparing for a colonoscopy

What to confirm with your healthcare team

Use this guide to record the instructions you need before a colonoscopy.

Procedure date:

Arrival time:

Clinic / location:

Clinic contact:

CHECK FIRST

Follow the written instructions from your endoscopy team. Preparation, fasting and medicine instructions can differ.

My prescribed preparation

Preparation name:

Food changes start:

Clear liquids start:

First dose date / time:

Next dose date / time:

Stop all fluids:

Call if I cannot finish:

Before I start

- ☐ My written instructions match the exact preparation prescribed for me.
- ☐ I know how to prepare each dose, when to take it and how much additional fluid to drink.
- ☐ I know which foods and clear liquids are allowed, and when I must stop them.
- ☐ I shared my health conditions and a complete list of medicines, vitamins and supplements.
- ☐ I know whom to call if I cannot finish the preparation, feel unwell or it does not seem to work.

Other instruction I need to remember

Author and clinical reviewer: Anuolu Bank-Oni, PharmD, CDE, BCGP

General information for a healthcare conversation. It does not replace advice or instructions from your healthcare professional.

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Medicines, transport and final checks

My colonoscopy preparation record

Record the instructions that depend on your health, medicines and procedure plan.

My medicine instructions

Ask about any medicine that may need an individualized plan. Do not make changes on your own.

Medicine or product	Instruction I received	When it applies

Questions I may want to ask

- ☐ What are the exact times for each preparation dose?
- ☐ What may I eat or drink, and when must I stop?
- ☐ How should I take each usual medicine before and on the procedure day?
- ☐ What should I do if I cannot finish the preparation, vomit, feel unwell or my stool is not clear?
- ☐ What should I bring, and when and where should I arrive?
- ☐ Who must take me home, and does someone need to stay with me afterward?
- ☐ When will I receive results, and when can I resume food, fluids and medicines?

My transportation plan

Person taking me home:

Phone:

Support after the procedure:

Sources: NIDDK. Colonoscopy. Accessed September 2026.

Jacobson BC, et al. Am J Gastroenterol. 2025;120(4):738-764. doi:10.14309/ajg.0000000000003287.

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