

YOUR COLONOSCOPY JOURNEY: Simple Steps to Get Ready

Review the steps. If you do not follow them, your colonoscopy could be cancelled.



1. Scheduling

Your provider orders the colonoscopy. Kirby Medical Center will call you to pick a time.



2. Get Instructions.

A paper packet with all steps comes in the mail a few weeks before your colonoscopy.



3. Text Reminders.

You will get texts to remind you when to buy things, change your diet, and start prep.



4. Need to Change?

If you must cancel, call (217) 762-1680. Someone else needs your spot!



5. Prepping: 5 Days Before

NO iron, NO fiber supplements, NO nuts/seeds, NO skin on fruits/veg, NO corn, NO lettuce.



6. Prepping: Day Before

NO SOLID FOOD ALL DAY. ONLY clear liquids (water, apple juice, tea, broth). NO RED colors, NO dairy, NO alcohol.

A good rule: Put your glass on a newspaper. You should see the words through the liquid!



7. DAY OF PROCEDURE

Still **NO solid food.** Follow the last steps. Arrive on time!

GETTING READY: MUST FOLLOW STEPS



YOU NEED A DRIVER.

The medicine makes you sleepy. Your driver must stay with you at Kirby, drive you home, and stay in for a while. NO taxi or bus alone.



REMOVE JEWELRY

Take off all jewelry and body piercings.



PREGNANCY TEST

If you are female and can have babies, you must give a urine sample.



CONSENT TO TREAT

Parents or guardians must sign forms.



MEDICATION LIST

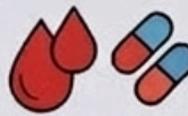
Bring a list of all pills, vitamins, and supplements you take.



LIVING WILL

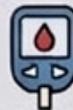
Bring a copy if you want us to scan it.

SPECIAL HEALTH RULES



BLOOD THINNERS

Tell your Primary Provider you are having a procedure. They may tell you to stop.



DIABETES

Ask your diabetes provider for instructions. Check your blood sugar often.

QUESTIONS PEOPLE ASK



How long does it take?
About 2-4 hours, including waking up.



Why do I need a bowel prep?
A clean bowel lets the provider see polyps or cancer. Like a clean windshield vs. a muddy one!



How does it work? 😊
It gives you diarrhea to clean you out. Start at home near a toilet. Diarrhea begins in 30 minutes to 3 hours.