Date: [Insert Date]

Patient Name: [Insert Patient Name]

Procedure Date: [Insert Procedure Date]

Arrival Time: [Insert Time]

Colonoscopy Dietary Instructions

To ensure a successful procedure, please follow these dietary guidelines strictly. Failure to follow these instructions may result in the cancellation of your procedure.

1. Five Days Before Procedure

Stop eating high-fiber foods, seeds, and nuts. This includes:

- Whole grain bread, brown rice, and oatmeal.
- Raw fruits and vegetables (especially those with skins or seeds).
- Corn, beans, and peas.
- Fiber supplements (Metamucil, Citrucel, etc.).

2. One Day Before Procedure (Clear Liquid Diet Only)

Do **NOT** eat any solid food. You must remain on a clear liquid diet the entire day. Clear liquids include:

- Water, tea, and black coffee (no cream or milk).
- Clear broth or bouillon (chicken, beef, or vegetable).
- Apple juice, white grape juice, or white cranberry juice.
- Gatorade or sports drinks (Clear or Light colors only).
- Jell-O and popsicles.

IMPORTANT: Do not consume anything colored **RED, BLUE, or PURPLE**.

3. Day of Procedure

- **No solid food** until after your procedure.
- You may continue clear liquids until [Insert Time] (usually 4 hours before arrival).
- Stop all liquids, including water and gum, after [Insert Time].

4. Medication Instructions

[Insert specific instructions regarding blood thinners, diabetes medication, or daily prescriptions here.]

If you have any questions, please contact our office at [Insert Phone Number].

Sincerely,

[Doctor or Clinic Name]
[Department Name]