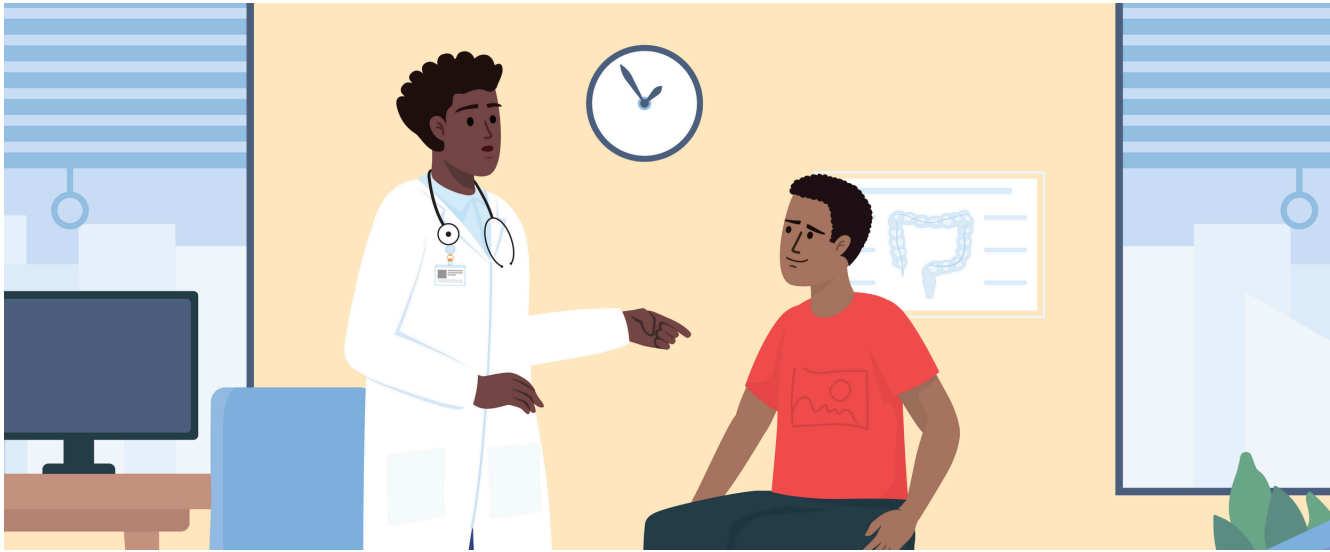
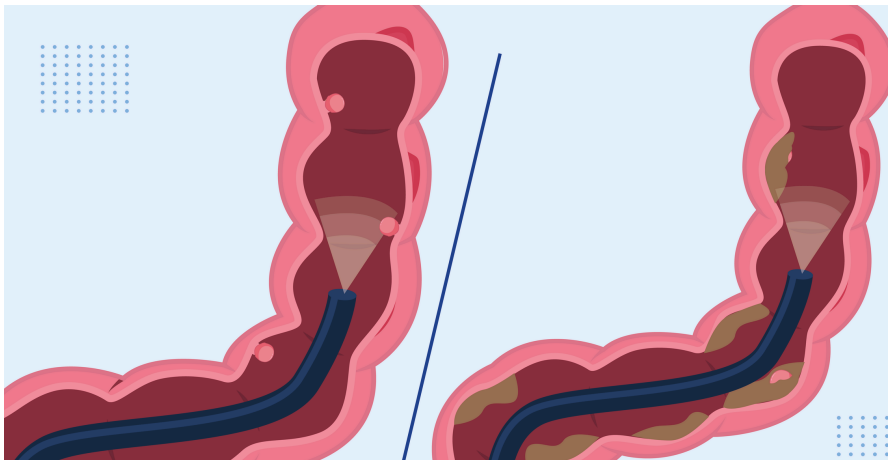


GET READY FOR YOUR COLONOSCOPY!





Your doctor recommended a colonoscopy to look for polyps – growths that can turn into cancer.



With a clean colon, doctors can find and remove precancerous polyps. If the colon isn't clean, any remaining stool can hide polyps that should be removed.



Read your prep instructions carefully a week before your colonoscopy.



1 WEEK BEFORE COLONOSCOPY

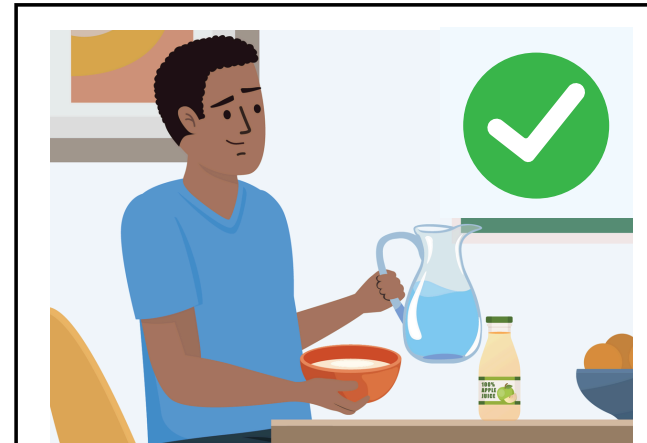
Pick up your bowel prep drink at the pharmacy and review the instructions. Put it in the fridge.

2 DAYS BEFORE COLONOSCOPY



Stop eating high-fiber foods.

1 DAY BEFORE COLONOSCOPY



For the entire day, **drink only** clear liquids. Do not eat any solid foods.

The bowel prep drink helps clean your colon. For better taste, add it to clear liquids. **Don't** use any red, orange, or purple liquids.

Liquid options for bowel prep mixture

- Gatorade
- Clear flavor Crystal Light
- Organic low - sodium broth
- JELL - O
- Apple juice
- White grape juice
- Flavored sparkling water
- 7-UP or Sprite
- Tea/black coffee (no milk/cream)



Liquids to avoid:

Red



Orange



Purple



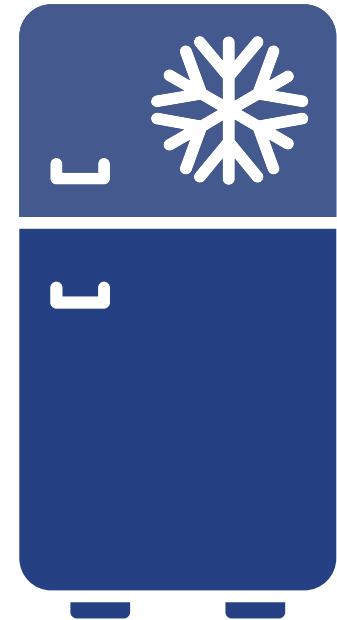
1 NIGHT BEFORE COLONOSCOPY



Drink **1 cup** of the bowel prep drink every **10-15 minutes** until you have completed **HALF** of it.



Make sure you are close to a bathroom, you will be going to the bathroom a lot.



Save the second half in the fridge

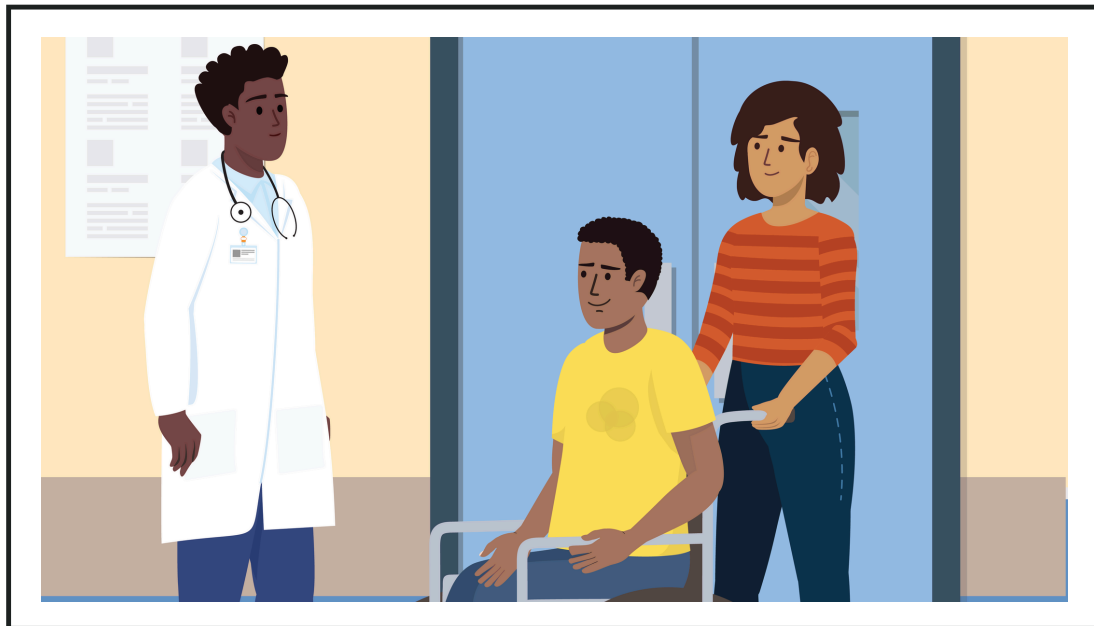
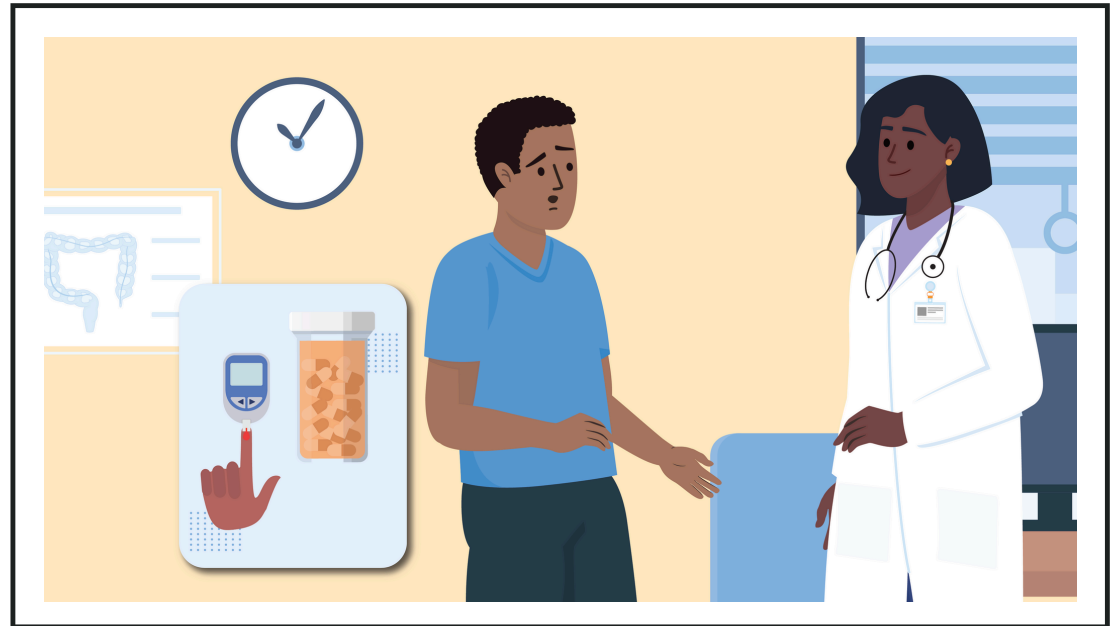


Start drinking the REST of your prep drink **6 hours** before your colonoscopy appointment. Drink 1 cup every 10-15 minutes. Finish the entire drink at least **2 hours** before your appointment. This is important!

After drinking all your bowel prep drink, your bowel movements should be a **clear, yellow liquid**. If it's solid, call the colonoscopy office to reschedule.

Dark and Murky	Brown and Murky	Dark Orange and Semi Clear	Light Orange and Mostly Clear	Yellow and Clear, Like Urine
NOT OK	NOT OK	NOT OK	ALMOST THERE!	YOU'RE READY!
✗	✗	✗	✗	✓

If you're diabetic or take blood thinners, ask your provider how you should take your medication.



Make sure you have someone to escort you home.

By identifying polyps that could later turn into cancer, colonoscopies save lives!

Brought to you by team members from the Implementation Science Center for Cancer Equity (ISCCCE) at Harvard TH. Chan School of Public Health, Massachusetts General Hospital, Dana Farber Cancer Institute, Codman Square Health Center, and the Massachusetts League of Community Health Centers.



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Scan this QR code or click on the link to view the English version of the “Get Ready for Your Colonoscopy” video!

bit.ly/engbowel