

## 5 Tips to Prepare for Your Colonoscopy Appointment

These are helpful tips to ensure a smooth and successful colonoscopy. Stay calm and relaxed, the staff will take care of you. If you have any questions, call your doctor's office.

### 1. Stop Drinking

Stop all liquids two hours before your colonoscopy. This is important from a safety procedure point of view.

### 2. Wear Comfortable Clothes

Choose loose, comfortable clothing for your appointment.

### 3. Bring ID and Insurance Information

Don't forget your ID and insurance card.

### 4. Have a Ride Ready

Arrange for someone to drive you home. You can't drive yourself because of the sedation.

### 5. Follow Last-Minute Instructions

Your doctor might have specific last-minute advice. Follow it.