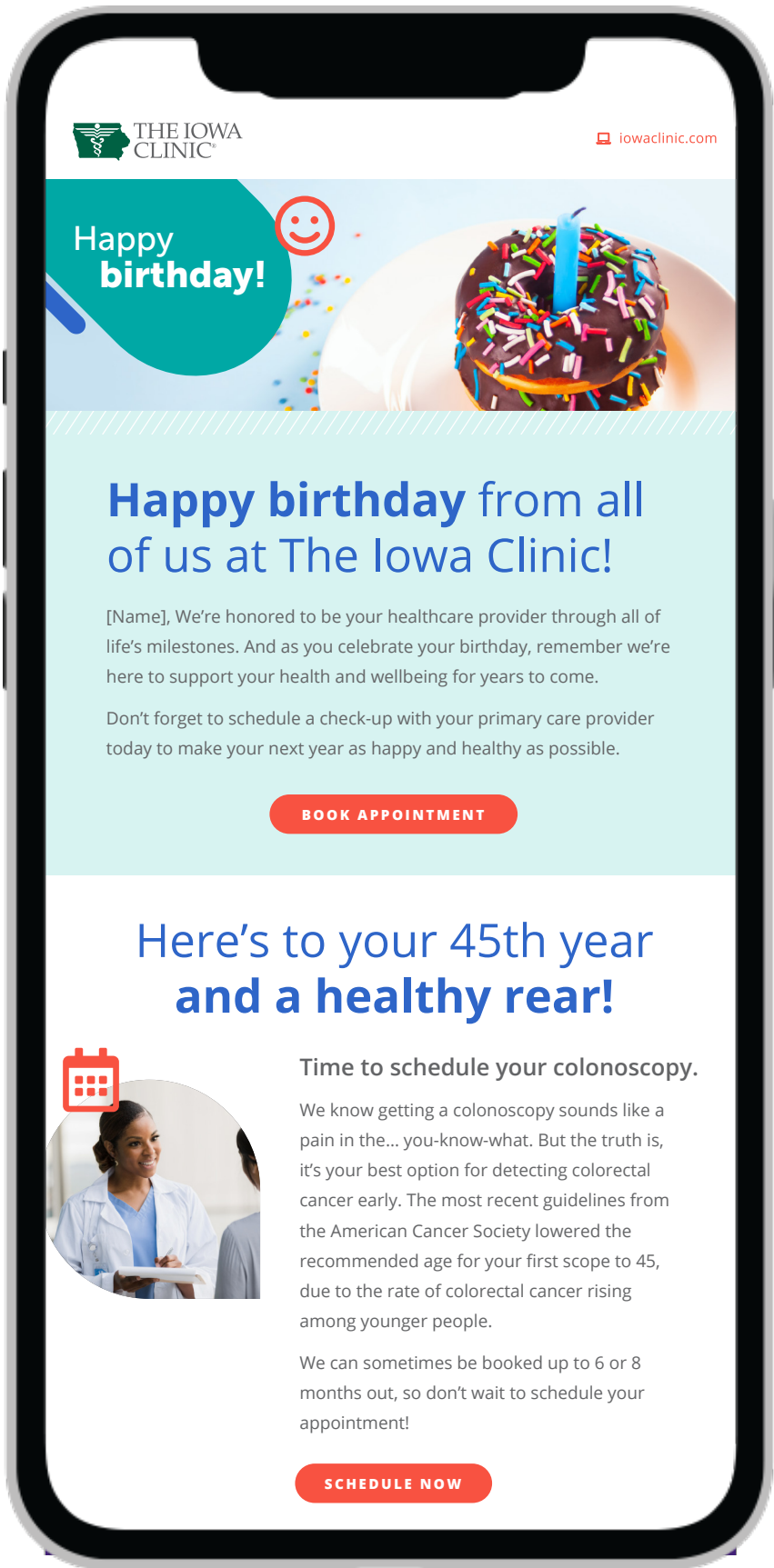






Follow these instructions for a **peachy procedure**.



Hi [Name], you're two months out from your procedure on [Day] [Month] [Date], [Year] at [Location].

Don't get “behind” on your colonoscopy prep.

Colonoscopies are often referred to with a sense of dread or as the butt of a joke (har har). But the truth is, [they're nothing to be afraid of](#) — and the number two one way to catch colon cancer.



Check out Dr. Jonathan Fahler's [6 Answers to Calm Your Nerves About Getting a Colonoscopy](#) to understand the ins and outs of the procedure.

Dr. Jonathon Fahler

[READ THE ARTICLE](#)

- 
- ### Here's what will help make sure you're ready for your procedure:
- > We'll send you an intake form so we can gather your **health history** well ahead of time.
 - > You'll get **reminders 2 months** and **1 week** prior. You'll also get a text message **72 hours before** your scope that will allow you to check in online.
 - > Here's what you should do to make sure you're ready for your appointment:
 - Locate your **insurance card** and **photo ID**
 - Make a list of **previous surgeries** and **medical conditions**
 - Make a list of all **medications and dosages**, including over-the-counter meds, vitamins and supplements.
 - Put your procedure on your calendar and **block your**



This is your **2-month reminder**.



You're two months out from your procedure on [Day] [Month] [Date], [Year] at [Location].

Let us answer all your probing questions.

Hi [Name], now that your procedure is just a couple months out, we recommend checking out our [Colonoscopy Prep Center](#) to understand what you can expect.

And watch this video from gastroenterologist Dr. Clayton Jordan for tips on how to prepare.



CLAYTON JORDAN, DO
Gastroenterology



Scope our colonoscopy FAQs for more information.

[VIEW FAQs](#)



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The **end** is in sight!



Your colonoscopy is on [Day] [Month] [Date], [Year] at [Location].

Now let's get ready to roll.

Read these prep instructions from top to bottom.

Hi [Name], with your colonoscopy right around the corner, it's important to make sure you're prepared. If you haven't already, check out our [Colonoscopy Prep Center](#).



Here's what you need to do to make sure you're prepared:

- > Make sure you read the instructions for bowel prep, what you can eat and medications.
- > Bring your insurance card and photo ID to your appointment.
- > Bring a list of previous surgeries and medical conditions
- > Bring a list of all medications and dosages, including over-the-counter meds, vitamins and supplements.
- > Line up a ride, since you will undergo anesthesia.



Location and parking details

The Iowa Clinic Endoscopy Center is located at our West Des Moines Campus at: