

Clear Liquid Diet

You may have any of the following the day before your colonoscopy:

- Regular or Diet Ginger Ale, Sprite or 7-up (no cherry flavor)
- Water
- Apple Juice
- Gatorade (not orange, red or purple)
- Popsicles (not orange, red or purple)
- Chicken or vegetable consommé or clear broth
- Yellow or green Jell-O
- Tea
- White grape juice
- Lemonade (not pink lemonade and no pulp)

Preparing For Your Colonoscopy Helpful Hints....

- Remember– the goal is to get cleaned out, not necessarily to drink the entire mixture. You are properly cleaned out when the color of your stool in the toilet has changed from brown to clear or cloudy yellow with some white flecks.
- You may substitute Crystal Lite for the flavor packets when mixing the solution.
- Sucking on a lemon drop or other hard candy or a fresh lemon or lime between glasses of the solution can help clear any aftertaste.
- Drinking through a straw may be helpful.
- Nausea may occur when multiple glasses of the solution have been taken and nothing has come out rectally. Walking will help move the solution through the body. You may also increase the time between glasses to 30 minutes.
- It is helpful to put Vaseline around the anal area to minimize irritation from frequent bowel movements.
- If you have any problems with the bowel cleansing process during the daytime, you can contact the office. If you have difficulty in the evening, please contact the physician “on-call” by calling the after hours number 816-478-4887.

Colonoscopy Checklist

Colyte PM Prep

Arrive at

For your procedure.

*The Endoscopy Center East
3800 S. Whitney Avenue
Independence MO 64055*

*The Endoscopy Center North
5330 N Oak Trafficway
Kansas City, MO 64118*

*The Endoscopy Center Liberty
9601 NE 79th Street
Liberty, MO 64158*

For Other questions or to
schedule an office visit,
call **816-478-4887**

Detailed information is
also available online at:

www.cig-pc.com

Your Five (5) Day Colonoscopy Checklist



*The Endoscopy Center
East*

*The Endoscopy Center
North*

*The Endoscopy Center
Liberty*

*North Kansas City
Hospital*

Centerpoint Hospital

St. Joseph Hospital

Liberty Hospital

YOUR FIVE (5) DAY COLONOSCOPY CHECKLIST

Five (5) days before your Colonoscopy

- Stop taking Coumadin, Plavix or Iron as instructed by your Primary Care Doctor, Cardiologist or Gastroenterologist.

Three (3) days before your Colonoscopy

- Stop fiber supplements such as Metamucil, Fibercon, etc.
- Purchase your Colyte solution, (prescription has been called to your pharmacy) .

The day before your Colonoscopy.....

- Prepare the Colyte solution in the morning and refrigerate.
- Breakfast: 2 eggs, egg substitute or tofu, white toast with seedless jelly, and tea or coffee. No butter, butter substitutes, milk, cream or cream substitutes. **No Dairy Products.**
- If your colonoscopy is scheduled before 12 noon. **–NO LUNCH.**
- If your colonoscopy is scheduled after 12 noon, you may have the following for lunch: **small chicken or turkey sandwich on white bread (bread and meat only).**
- After 12 noon- CLEAR LIQUIDS ONLY (see list of clear liquids on back of this page).
- 7 PM** – Drink 8 oz of Colyte solution. Repeat every 15 minutes until you have finished 8 glasses.
 - Glass 1
 - Glass 2
 - Glass 3
 - Glass 4
 - Glass 5
 - Glass 6
 - Glass 7
 - Glass 8

The day of your Colonoscopy...

- Remember, take your blood pressure and heart medications as instructed by your Primary Care Doctor or Gastroenterologist. If you are diabetic, please check with your Primary Care physician or Endocrinologist.
- 7 hours before your arrival time, drink three 8oz glasses of Colyte solution, 1 glass every 15 minutes.
- If you are not clear, continue to drink 1 glass every 15 minutes until you are.

Six (6) hours before your Colonoscopy....

- DO NOT DRINK OR EAT ANYTHING

LAST MINUTE CHECKLIST.....

- Bring this checklist with the name and phone number of the person taking you home.**
Please Note: your driver must check in with you
If you are one of the last procedures of the day, your driver must stay at the Endoscopy Center.
- Name _____ Phone Number _____
- Relationship _____ (husband, wife, sibling, friend, child, etc)
- Bring insurance cards and any payment or co-payment required for the procedure
- Bring Medical History Form and a list of all Medications you are currently taking
- Bring your driver's license or photo ID.
- Leave valuable jewelry at home and wear comfortable clothes that are not tight fitting.