

## 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

### Miralax 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](http://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 one 64 oz bottle of Gatorade (no orange, red or purple). Purchase a bottle of Miralax 238 grams and a bottle of Magnesium Citrate if you have a pm procedure. This is now available over the counter.**
- Also purchase at least four (4) bisacodyl laxative tablets (such as Dulcalox laxative). No prescription is required for these items.

## The day before your Colonoscopy.....

- 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).
- 4 PM** – Take 4 bisacodyl tablets with 8 oz of water.
- 6 PM** – **Mix the Miralax with the Gatorade. Drink one 8 oz glass every 20 minutes until all of the solution has been consumed. Continue to drink 8 oz clear liquids hourly as tolerated.**
  - 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 Doctor or Endocrinologist on how to take your diabetic medication.
- 7 hours before your colonoscopy drink one bottle of Magnesium Citrate if your procedure is after 12 noon. If your procedure is before 12 noon, have nothing to eat or drink.

## 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.**
- 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.