**Clear Liquid Diet**

You may have any of the following the day before your colonoscopy:
- Regular or Diet Ginger Ale, Sprite, Pepsi, Coke, Dr. Pepper 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 Gatorade (not orange, red, or purple).
- 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.
- 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.

**Colonoscopy Checklist**

**Miralax Prep**

Arrive at

______________ am / pm

for your procedure at the location checked below.

- 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
  Kansas City, MO 64158
- Centerpoint Medical Center
  19600 E 39th Street
  Independence, MO 64057
- St. Joseph Medical Center
  1000 Carondelet Drive
  Kansas City, MO 64114
- Liberty Hospital
  2525 Glenn Hendren Drive
  Liberty, MO 64068
- North Kansas City Hospital
  2800 Clay Edwards Drive
  North Kansas City, MO 64116

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

Five (5) days before your Colonoscopy

☐ Stop taking Coumadin, Plavix, Iron or Aspirin 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 the following items – these are all available over the counter, no prescription necessary:
  o One 64 oz bottle of Gatorade (no orange, red or purple).
  o One bottle of Miralax - 238 grams.
  o At least four (4) bisacodyl laxative tablets (such as Dulcalox laxative).
  o If your procedure is before 12:00 p.m., one (1) 10 oz bottle; if your procedure is after 12 p.m., buy two (2) 10 oz bottles of Magnesium Citrate (If you do not have kidney failure or congestive heart failure). Lemon or Lime flavor only (no cherry).

The day before your Colonoscopy…….

☐ CLEAR LIQUIDS ONLY - Drink 8 oz clear liquids hourly as tolerated (see list of clear liquids on back of this page).

☐ 4 PM – Take 4 bisacodyl laxative 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.
  o Glass 1  o Glass 2  o Glass 3  o Glass 4
  o Glass 5  o Glass 6  o Glass 7  o Glass 8

  Nausea may occur when multiple glasses of the solution have been taken and nothing has come out rectally. It is also normal to have cramps and be slightly light headed. Walking will help move the solution through the body. You may also increase the time between glasses to 30 minutes.

  o If by 9:30 pm your stool is not liquid, drink one (1) 10 ounce bottle of Magnesium Citrate.

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.

☐ Seven (7) hours before your colonoscopy drink one (1) 10 oz 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.
  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.