

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 of the prep is to get cleaned out. When the color of what you are passing is clear or cloudy yellow with some flecks, then you are clean. If you are passing brown stool or brown water then you may not be adequately prepared. **However, you will still need to do the second dosing as directed on the other side even if you are clear the night before.**
- 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.
- 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.
- 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 **1-877-722-7098**.
- Miralax is not an FDA approved bowel preparation, but has been found to be safe and effective for this purpose in multiple studies.

Colonoscopy Checklist

There is additional information
in your colonoscopy
instruction packet.

For other questions
or to schedule an
office visit, call
240-737-0085

Detailed information is also available
online at: www.CCendo.com
or
www.Endodc.com

**Metropolitan
Gastroenterology Group**

- A Division of Capital Digestive Care, LLC -

Your Five (5) Day Colonoscopy Checklist

Miralax Preparation Instructions



**Chevy Chase Endoscopy Center
The Endoscopy Center of Washington DC
Suburban Endoscopy Center
Sibley Hospital
George Washington Hospital
Suburban Hospital**

Your Five (5) Day Colonoscopy Checklist

Five (5) days before your Colonoscopy...

- Continue your medications unless instructed otherwise by your Physician.

Three (3) days before your Colonoscopy...

- Stop fiber supplements such as Metamucil, Fibercon, etc.
- Purchase one **(1) 350 gram Miralax** from your pharmacy. This is an over-the-counter medication-no prescription is necessary.
- Purchase four **(4) Dulcolax Laxative tablets**. This is an over-the-counter laxative so you may need to purchase a small box.

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).
- 5:00 pm – Take two (2) Dulcolax Laxative tablets**
- 6:00 pm – Take two (2) capfuls of Miralax with 8 oz of Gatorade or other sports drink every 20 minutes for a total of 5 doses.**
 - 6:00 pm – Take 2 capfuls of Miralax w/8 oz of liquid**
 - 6:20 pm – Take 2 capfuls of Miralax w/8 oz of liquid**
 - 6:40 pm – Take 2 capfuls of Miralax w/8 oz of liquid**
 - 7:00 pm – Take 2 capfuls of Miralax w/8 oz of liquid**
 - 7:20 pm – Take 2 capfuls of Miralax w/8 oz of liquid**

You should expect to have frequent bowel movements and diarrhea this evening. Some individuals will have a delayed response. If you have not moved your bowels after taking all the medication, be patient and try walking around to stimulate bowel motility. Remember, even if you are passing clear or yellow fluid tonight, you must take the rest of your prep tomorrow.

The day of your Colonoscopy...

- Remember, take your medications unless your physician instructed you otherwise.
- 4 hours before your arrival time, take two (2) Dulcolax tablets, and then take the remaining doses of Miralax...Remember to drink 8 oz of Gatorade or other sports drink with each dose...**
 - 1st dose – Take 2 capfuls of Miralax w/8 oz of liquid**
 - 2nd dose – 20 min later – Take 2 capfuls of Miralax w/8 oz of liquid**
 - 3rd dose – 20 min after 2nd dose – Take 2 capfuls of Miralax w/8 oz of liquid**

Two-and-a-half (2-1/2) hours before your ARRIVAL TIME...

- 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, significant other, child, etc)

- Bring insurance cards and any payment or co-payment required for the procedure.
- Bring the Medical History form and a list of all medications you are currently taking.
- Bring your driver's license or photo ID.
- Leave valuable and jewelry at home and wear comfortable clothes that are not tight fitting.

Patient's signature