

# Colon and Digestive Health Specialist, LLC

Phone: 770-922-7000; Fax: 770-809-3667

## Clear Liquid Diet

Name \_\_\_\_\_ Procedure: Colonoscopy  
Appointment Date: \_\_\_\_\_ Time: \_\_\_\_\_

Please report to 1805 Honey Creek Commons, Conyers, GA 30013.

You will need a ride TO and FROM the Endoscopy Center. Driver must be 18 years of age or older and must be able to stay the entire duration of the procedure.

You will need to purchase: 2 tablets of Bisacodyl (5 mg each)- Brand name: Dulcolax. And we will order to your pharmacy your preparation solution, such as Suprep, Clenpiq, Plenvu etc. In case of Gatorade & Miralax preparation, you may simply buy these over the counter.

**\*\* 5 Days before the procedure, avoid raw fruits and vegetables. (cooked vegetables are okay) \*\***

**\*\* 2 Days before the procedure eat normal but eat LIGHTER (no fast food, no fried food, no red meat). \*\***

On the day BEFORE the procedure:

- No SOLID foods, drink ONLY clear liquids only for all of your meals.
- Clear liquids allowed are water, bouillon, chicken broth, black coffee, Gatorade, Jell-O, Kool Aid, strained (pulp-free) fruit juices (NO SMOOTHIES) and clear carbonated drinks.
- For list above: No red or purple colored drinks and no dairy or non-dairy products

▪ **Follow the instructions of the preparation that you have been prescribed.**

Medication Restrictions:

- No blood thinners like Coumadin, Warfarin, Aspirin or Ibuprofen for 3 days prior to procedure, *unless told to continue.*
- No Phentermine for 2 weeks prior to procedure.
- Please continue to take any Beta Blockers & blood pressure medicines with small sip of water 2 hours prior to procedure time.
- Diabetics: Take ½ of usual dose of insulin day before procedure and NONE on the morning of procedure. Do not take any oral diabetic medication the day before appointment or the morning of. Check sugar every 6 hours-if less than 75 drink a glass of apple juice, if more than 250 please call our office.

**\*\* If there is any nausea, vomiting, shortness of breath, chest pain, severe headache, or excessive sweating please stop taking the prep and call the office. \*\***