

EXAMPLES OF CLEAR LIQUID DIET



Einstein
Gastroenterology

—
Phone: 267.896.3745
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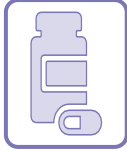
COLONOSCOPY PREP

Follow these directions **ONLY**

MIRALAX

Disregard directions on the preparation packaging

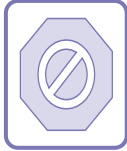
5 days BEFORE



Obtain MIRALAX, GATORADE and BISACODYL from your pharmacy



Review instructions regarding blood thinners (Plavix, Coumadin, Warfarin, etc). If you **DO NOT** understand these, call us as soon as possible.



STOP herbal, oil-based vitamins and iron supplements. **STOP** all medications that reduce diarrhea such as Imodium or Pepto-Bismol



Avoid salads or high fiber foods including **beans, nuts, seeds and popcorn** until after the procedure



Arrange for someone 18 or older to take you home after the procedure

1 day BEFORE

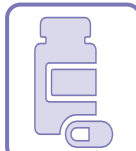


DRINK ONLY CLEAR LIQUIDS ALL DAY

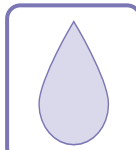
- NO SOLID FOOD
- NO ALCOHOL
- NO RED OR PURPLE LIQUIDS



Examples of clear liquids include water, tea or coffee without cream, ginger ale, Sprite, apple juice, clear soup/broth, Gatorade, water-ice, Popsicles, Jell-O.



MIX bottle of MIRALAX in 64 oz of GATORADE and shake well.



DRINK WATER or clear liquids.
At least 1 cup (besides PREP) every 8 hours.

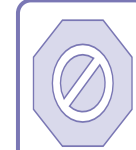


5 pm the night before
START drinking HALF of the MIX
TAKE 4 tablets of BISACODYL

DAY of the procedure



6 hours prior to your procedure
Drink the second HALF of the MIX.
•This must be **FINISHED** at **LEAST 4** hours prior to your arrival time.



4 hours prior to your procedure
DO NOT DRINK OR EAT ANYTHING



You may take your medications with a sip of water.



Confirm that someone will be able to take you home after the procedure

For questions call:
267.896.3745

 **Einstein**
HEALTHCARE NETWORK
More than Medicine

