

2 Day Prep For Colon (English)

The success of your colonoscopy procedure depends on if the doctor has a clear view of the lining of your colon. It should be free from stool. PLEASE follow the instructions below carefully to ensure you are ready for the procedure.

2 DAYS BEFORE THE PROCEDURE:

- Do not eat ANY beans, corn, tomatoes, cucumbers, nuts or foods containing seeds such as poppy, sesame, or sunflower seeds. The fiber from these foods can clog the colonoscope.
- If you take blood thinners (Coumadin, Plavix, etc) a physician must determine if you can stop prior to the procedure. Tylenol is ok to take if you need something for the pain.
- You may continue to take aspirin unless specifically instructed to stop by a physician.

2 DAYS BEFORE YOUR PROCEDURE:

Cut down on heavy solid food two (2) days before the procedure and start to introduce lighter meals to your diet.

Suggested foods:

- Light meal that is easily digestible such as chicken (without the skin)
- Potatoes without the skin
- Eggs
- A light meal of steamed white fish

Foods to AVOID:

- Fruits
- Nuts
- Red Meats
- Brown Rice
- Raw vegetables

Liquids to AVOID:

- Milk
- Milk based drinks
- Anything **RED** or **Orange**

It is very important to drink plenty of water and other clear liquids throughout the day in order to avoid dehydration and to flush the bowel.

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2 DAYS BEFORE YOUR PROCEDURE:



Time:

3:00 PM Two days before procedure.

Mag Citrate 10 oz.

DRINK ENTIRE BOTTLE SLOWLY OVER 30 MINUTES

Drink plenty of clear liquids ALL DAY





ONE DAY BEFORE YOUR PROCEDURE (AS SOON AS YOU WAKE UP)

- If you take high blood pressure medicine, you would need to it 4 hours before your procedure, If you are diabetic, only take ½ dose of your diabetic medicine the day before

NO SOLID FOOD. THE ENTIRE DAY BEFORE YOUR EXAM YOU MUST BE ON A CLEAR LIQUID DIET ALL DAY!

- Do not drink any liquor a day before or the day of your exam .
- You can not take liquids colored **RED** and **ORANGE** , and you can not have **MILK** products.

Liquids you may have:

<u>Coffee and Tea</u>	<u>Juice</u>	<u>Lemonade</u>	<u>Pop</u>
			
No Milk or Cream	No Pulp (No Red or Orange)	No Pulp	Ok

<u>Sports Drink</u>	<u>Jell-O</u>	<u>Broth/ Water</u>	<u>Honey/ Sugar</u>
			
Green or Yellow Only	Green or Yellow Only	Ok	Ok

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One Day Before Your Test :

- It is very important to **drink plenty of water or clear fluids during the day** to avoid dehydration and to clean the intestine.



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GATORADE 64 oz.

MIRALAX 8.3 oz.

8:00 AM—

Mix the entire 8.3 oz. bottle of Miralax in 64 oz. of Gatorade.
Drink one 8 oz. glass every 15 minutes until you finish all Of the Gatorade.



3:00 PM—Take 2 tablets of Dulcolax (Bisacodyl) with a glass of water.

9:00 PM - Take 2 tablets of Dulcolax (Bisacodyl) with a glass of water

- You may apply Vaseline to the rectal area after every bowel movement. Individual responses to laxative vary.

The Day Of The Procedure:

- ❖ **DO NOT** take your diabetic medicine the morning of your procedure.
- ❖ If you take blood pressure medicine in the morning, you must take it at **LEAST 3 HOURS PRIOR** to your procedure.
- Remember no solid foods

The Day Of The Procedure:

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NOTHING TO EAT OR DRINK UNTIL AFTER YOUR PROCEDURE.

YOU MUST BE ACCOMPANIED BY A FRIEND OR RELATIVE TO DRIVE YOU HOME. YOU MAY NOT DRIVE, OR GO HOME BY TAXI OR BUS. IF YOU DO NOT HAVE A DRIVER, YOUR PROCEDURE MAY BE CANCELLED.

If you have any questions or concerns about the preparation or your procedure please call our office at 708-930-1464. Thank You!