

Alabama Colon & Gastro, P.C.

PROCEDURE: COLONOSCOPY (GATORADE)

Patient Name: _____ Procedure Date: _____

Procedure Time: _____ Arrival Time: _____

Scheduled with: **Dr. Rice and Dr. DiCarlo**

PROCEDURE LOCATION: ALABAMA ENDOSCOPY CENTER 4810 Whitesport Drive
 CRESTWOOD MEDICAL CENTER 1 Hospital Drive S.W. – Outpatient Dept.

IF YOU DO NOT FOLLOW THIS PREP, IT MAY RESULT IN A RESCHEDULED PROCEDURE.

PREPARATION INSTRUCTIONS:

THE DAY BEFORE YOUR PROCEDURE – ABSOLUTELY NO SOLID FOOD – IT IS IMPORTANT TO DRINK CLEAR LIQUIDS ALL DAY – PLEASE SEE ATTACHED SHEET FOR LIQUID DIET MENU.

Purchase these over-the-counter laxatives:

1. GATORADE (64 ounces OR two 32-ounce bottles) NO RED, PURPLE, OR ORANGE.
2. DULCOLAX 5mg (four tablets)
3. MIRALAX BOTTLE 238 grams (over-the-counter only)
4. MAGNESIUM CITRATE 10 OZ liquid bottle

The **DAY BEFORE** your colonoscopy: **CLEAR LIQUIDS ONLY! ABSOLUTELY NO SOLID FOOD.**

3:00 PM – Take 2 DULCOLAX tablets.

5:00 PM – Mix the entire bottle of MiraLAX into the 64 ounces of GATORADE. (Put half the bottle in each 32-ounce bottle). Shake the solution until fully dissolved. Drink an 8-ounce glass every 30 minutes until the solution is gone.

7:00 PM – Take the last 2 DULCOLAX tablets.

NOTHING TO EAT OR DRINK BY MOUTH AFTER MIDNIGHT except for the magnesium citrate listed below.

Drink the bottle of Magnesium Citrate Six(6) hours prior to scheduled procedure start time.

PLEASE REMEMBER TO:

1. Pick up your prep (Dulcolax/MiraLAX/Magnesium Citrate) from the pharmacy 24-48 hours and Gatorade before your procedure.
2. Arrive at your scheduled time. If you cannot keep the scheduled appointment time, please give the office a 48-hour (business hours) notice.
3. Have a list of your current medications
4. **YOU MUST BRING SOMEONE WITH YOU WHO WILL BE ABLE TO REMAIN AT THE FACILITY FROM YOUR TIME OF ADMIT TO DISCHARGE AND DRIVE YOU HOME. IF YOU DO NOT HAVE A DRIVER THE DAY OF YOUR PROCEDURE, THE FACILITY WILL RESCHEDULE YOU.** You will not be able to drive home due to the sedative used with the procedure.
5. You may take heart and blood pressure medications the day of your procedure unless instructed otherwise by your physician.
6. Do not take medication for diabetes or insulin on the day of your procedure until after you begin eating again.
7. **IF YOU ARE ON ASPIRIN, PLAVIX, COUMADIN, WARFARIN, OR ANY OTHER BLOOD THINNERS, PLEASE NOTIFY YOUR PHYSICIAN IMMEDIATELY.**

****STARTING 3 DAYS PRIOR FOR 2 FULL DAYS YOU WILL BE ON A LOW RESIDUE DIET****

LOW RESIDUE DIET

FOOD GROUP	FOODS ALLOWED	FOODS EXCLUDED
<i>Breakfast Cereals</i>	Farina, cream of rice, grits, oatmeal, ready to eat cereals, from corn, rice, or white flour	Wheatena, rolled wheat, bran cereals (including bran flakes, granola, grape nuts, oat bran, 100% bran, puffed wheat, shredded wheat, wheat bran, wheat germ)
<i>Desserts</i>	Fruit and vegetable pies without skins or seeds (e.g., apples, pumpkin, banana)	Cakes, pies, cookies, pudding containing dried fruit, fruit skins or seeds, coconut, nuts, seeds
<i>Fats</i>	Bacon, butter, cream, cream substitutes, margarine, mayonnaise, oils, shortening, salad dressing, sour cream	Nuts, seeds
<i>Fruit Juices</i>	ALL	NONE
<i>Fruits</i>	Bananas, applesauce Canned: peeled apricots, Royal Anne cherries,	
<i>Meat, Fish, Cheese, Eggs</i>	ALL	NONE
<i>Legumes</i>	NONE	ALL legumes: chickpeas, lima beans, black-eyed peas, kidney beans, pinto beans, baked beans, etc. Peanut Butter
<i>Soup</i>	Meat, rice, noodle soups, soups made from ALLOWED vegetables	Minestrone, bean, pea, and lentil soups
<i>Sugar & Sweets</i>	All except those containing foods excluded, Cranberry sauce, seedless	Candy containing fruits, nuts, or coconut, Jam, marmalade, relishes containing seeds, or skins
<i>Vegetables & Vegetable Juices</i>	Mushrooms (raw or cooked), Tomato/vegetable juice, Tomato sauce, Cooked asparagus, beets, carrots, spinach, green and wax beans, zucchini, white potatoes without the skins	Broccoli, Corn, Mixed vegetables, Skins of Potatoes, Succotash (also see Legumes), Most Raw Vegetables
<i>Miscellaneous</i>	Ketchup, spices, herbs, seasonings	Pickles

Clear Liquid Diet

What can I eat and drink while on a clear liquid diet? *(The majority of fluids should be water!)*

1. Water!
2. Clear juices (such as apple, white grape, or white cranberry). You may also drink strained juices
3. Coffee without cream or milk, or mild tea without cream or milk
4. Soft drinks like lemon-lime soda, cola, and root beer (only drink these OCCASIONALLY!)
5. Clear sports drink (NO red, orange, or purple colored!!)
6. Fat-free clear broth, fat-free bullion, or fat-free consommé
7. Plain popsicles. Avoid popsicles with pureed fruit or fiber in them (NO red, orange, or purple colored!!)
8. Plain hard sugar candy in small amounts (NO red, orange, or purple colored!!)
9. Flavored gelatin, such as Jell-O without fruit. You may also drink gelatin as a warm beverage before it sets (NO red, orange, or purple colored!!)
10. Sugar, honey, jelly, or syrup in small amounts.
11. Herbs, mild seasonings, or salt

What should I avoid eating and drinking while on a clear liquid diet?

1. Do not eat any **RED, ORANGE, or PURPLE** colors
2. Do not drink beverages containing alcohol
3. Do not drink dairy products such as milk, hot cocoa, buttermilk, and cream
4. Do not drink fruit smoothies, nectars, fruit juices with pulp and prune juices
5. Do not drink tomato and vegetable juices
6. Do not eat any other soups besides broth, bullion, or consommé
7. Do not eat any desserts not listed above