

Clear Diet Prep Instruction Sheet

Surgery Office
100 Medical Drive
Hannibal, MO 63401
Phone: (573) 231-3820

Date: _____ Arrival Time: _____

DAY BEFORE COLONOSCOPY, the minute your feet hit the floor that morning, you are on a CLEAR LIQUID DIET. ABSOLUTELY NO FOOD TO EAT! NOTHING RED IN COLOR!

Risks with colonoscopy include: bleeding, perforation, and risks associated with sedation

The following liquids **ARE ALLOWED** on the clear liquid diet:

- Water
- Clear broth: beef or chicken
- Apple juice
- Grape juice
- Grapefruit juice
- Kool-Aid – **not red**
- Prune juice
- Soda – **anything but red**
- Tea/coffee – **no milk or creamer**
- Gatorade – **not red**
- Gelatin (without fruit) – **not red**
- Popsicles (without fruit) – **not red**

The following liquids **ARE NOT ALLOWED**:

- Milk
- Cream
- Milkshakes
- Tomato juice
- Orange juice
- Creamed based soups
- Oatmeal
- Cream of wheat
- Alcoholic beverages including beer

PREP: Dulcolax Laxative Tablets (2 needed); 238 gm bottle of Miralax; 2 bottles – 28-32 oz of Gatorade (not red)

- **3:00 pm THE DAY BEFORE PROCEDURE, TAKE THE 2 DULCOLAX LAXATIVE TABLETS**
- **5:00 pm THE DAY BEFORE PROCEDURE, Mix 1/2 bottle of the Miralax and 1 of the 28-32 oz Gatorade bottles, shake until dissolved. Drink all 28-32 ounces of the mixture.**
- **5:00 am THE DAY OF PROCEDURE, Mix remaining 1/2 bottle of the Miralax and the second 28-32 oz bottle of Gatorade, shake until dissolved. Drink all 28-32 ounces of the mixture.**

Nothing to eat or drink after midnight EXCEPT 1/2 of the prep as directed.

Blood pressure, thyroid, and/or seizure medications CAN be taken @ the 5 am dose of prep.

If your stool is *not* primarily clear in color the morning of the procedure, please call the Surgery Center after 6am.

- Northeast Missouri Ambulatory Surgery Center: (573) 406-1301

If you take weight loss medications, diabetic medications, or any blood thinners, please call the office for instructions.

You will need a responsible adult to drive you home after your procedure.