



Oakland
Gastroenterology
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PREPARATION FOR COLONOSCOPY Diplomates American Board of Internal Medicine & Gastroenterology

- **PRIOR ARRANGEMENTS MUST BE MADE TO HAVE SOMEONE GO WITH YOU TO SERVE AS YOUR DRIVER AND STAY IN THE WAITING ROOM DURING YOUR PROCEDURE. THIS IS HOSPITAL POLICY. IF YOU ARRIVE WITHOUT A DRIVER, THE HOSPITAL WILL NOT ALLOW YOU TO HAVE THE PROCEDURE.**
- You will need to purchase: (Over the counter)
 - Four (4) Dulcolax tablets 5 mg (i.e. Bisacodyl tablets) (Laxative tablets, **NOT** the stool softener.)
 - Small bottle (238 gm/8.3 oz) of Miralax
 - 64 oz Gatorade, Powerade, or Body Armor (nothing red or purple) **IF DIABETIC**, use Powerade Zero in addition to one can of broth. **DO NOT USE LOW SODIUM.**

TWO (2) WEEKS PRIOR TO YOUR PROCEDURE: DISCONTINUE ANY DIET OR WEIGHT LOSS MEDICATION.

STOP IRON SUPPLEMENTATION 5 DAYS PRIOR TO YOUR PROCEDURE.

THREE (3) DAYS PRIOR TO YOUR PROCEDURE: Do not take Aspirin, Vitamin E, or fish oil. If you take Aggrenox, Arixtra, Brilinta, Coumadin (Warfarin), Effient, Eliquis, Lovenox, Plavix (Clopidogrol), Pradaxa, or Xarelto, you will be directed when to discontinue blood thinners after the office has received clearance from your cardiologist.

TWO DAYS PRIOR TO PROCEDURE: LIQUID DIET: SEE BELOW. You may have SCRAMBLED EGGS, A BANANA, OR PLAIN YOGURT FOR BREAKFAST , LUNCH AND DINNER.

THE DAY PRIOR TO YOUR PROCEDURE: **CLEAR LIQUIDS**

From the time you wake up in the morning, you must follow a clear liquid diet ALL DAY. (Examples: water, coffee, tea, pop, juices, Jello, nothing red or purple, bouillon, and broth (chicken, beef or vegetable). NO FOOD OR DAIRY.

- **At 2 pm**, take the four (4) Dulcolax (Bisacodyl) tablets. Mix the Miralax (8.3 oz) into 64 oz of Gatorade and chill.
- **At 4 pm**, drink an 8 oz glass of Gatorade every 10 to 15 minutes until the solution is gone. **(Reminder if diabetic: drink one can of broth throughout the day.)**
- You may have clear liquids until 12 am. NOTHING AFTER 12AM.

THE DAY OF YOUR PROCEDURE:

- If you take diabetic medication in the morning, hold medication the morning of. Bring all medications along with you to your procedure. Any blood pressure medication taken in the morning, may be taken early in the morning with a sip of water.

**If you need to cancel your procedure, please allow the office 48 hours notice of your cancellation.

CLEAR LIQUID DIET

This diet provides fluids that leave little residue and are easily absorbed with minimal digestive activity. This diet lack all essential nutrients and is recommended only if clear liquids are temporarily needed. **NO red or purple liquids** should be consumed.

FOOD GROUP	FOODS ALLOWED	FOODS TO AVOID
Milk and beverages (No Red or Purple)	Coffee & Tea Pop/Soda (7UP/Sprite/Vernors)	Milk, milk based products, cream
Meat & meat substitutes	NONE	ALL
Vegetables	NONE	ALL
Fruits & fruit juices	apple, white grape, white cranberry, lemonade, orange juice (NO PULP)	Unstrained fruit juices
Grains & starches	NONE	ALL
Soups	clear broth, bouillon, Consommé (either beef, chicken, vegetable)	ALL OTHERS
Desserts	Jello & popsicles NO RED or PURPLE	
Fats	NONE	ALL
Miscellaneous	Honey, hard candy NO RED or PURPLE	ALL OTHERS

****You may have water and light colored sports drinks.****