

## Clear Liquid Diet

You may have any of the following the day before your colonoscopy:

- Regular or Diet Ginger Ale, Sprite or 7-Up (*no cherry flavor*)
- Water
- Apple juice
- Gatorade (*not orange, red or purple*)
- Popsicles (*not orange, red or purple*)
- Chicken or vegetable consommé or clear broth
- Yellow or green Jell-O
- Tea
- White grape juice
- Lemonade (*not pink lemonade and no pulp*)

## Preparing for your Colonoscopy Helpful Hints....

- Remember – the goal is to get cleaned out, not necessarily to drink the entire mixture. You are properly cleaned out when the color of your stool in the toilet has changed from brown to clear or cloudy yellow with some white flecks.
- You may substitute Crystal Lite for the flavor packets when mixing the solution
- Sucking on a lemon drop or other hard candy or a fresh lemon or lime between glasses of the solution can help clear any aftertaste.
- Drinking through a straw may be helpful
- Nausea may occur when multiple glasses of the solution have been taken and nothing has come out rectally. Walking will help move the solution through the body. You may also increase the time between glasses to 20 minutes.
- It is helpful to put Vaseline around the anal area to minimize irritation from frequent bowel movements.
- If you have any problems with the bowel cleansing process during the daytime, you can contact the office. If you have difficulty in the evening, please contact the physician “on-call” by calling the after hours number 1-877-722-7098.

## Colonoscopy Checklist

There is additional information  
in your colonoscopy  
instruction packet.

For other questions  
or to schedule an  
office visit, call  
**240-737-0085**

Detailed information is also available  
online at: [www.CCendo.com](http://www.CCendo.com)

# Your Five (5) Day Colonoscopy Checklist



**Chevy Chase**  
endoscopy center

# YOUR FIVE (5) DAY COLONOSCOPY CHECKLIST

## Five (5) days before your Colonoscopy...

- Stop medications as instructed by your Primary Care Doctor or Gastroenterologist.

## Three (3) days before your Colonoscopy...

- Stop fiber supplements such as Metamucil, Fibercon, etc.
- Purchase your Trilyte solution (prescription enclosed in the packet) from your pharmacy.
- Also purchase at least two (2) bisacodyl laxative tablets (such as Dulcolax laxative). No prescription is required for these items.

## The day before your Colonoscopy...

- Prepare the Trilyte solution in the morning and refrigerate.
- Breakfast: 2 eggs, egg substitute or tofu, white toast with seedless jelly, and tea or coffee.  
No butter, butter substitutes, milk, cream or cream substitutes – **NO DAIRY PRODUCTS.**
- If your colonoscopy is scheduled before 12 noon – **NO LUNCH.**
- If your colonoscopy is scheduled after 12 noon, you may have the following for lunch : **small chicken or turkey sandwich on white bread (bread and meat only).**
- After 12 noon- CLEAR LIQUIDS ONLY (see list of clear liquids on back of this page).
- 5PM** – Take 2 bisacodyl tablets with 8 oz of water.
- 7PM** – Drink 8 oz of Trilyte solution. Repeat every 15 minutes until you have finished 8 glasses.  
 **Glass 1**             **Glass 2**             **Glass 3**             **Glass 4**  
 **Glass 5**             **Glass 6**             **Glass 7**             **Glass 8**

## The day of your Colonoscopy...

- Remember, take only the medications as instructed by your Primary Care Doctor or Gastroenterologist.
- 5 hours before your arrival time, drink three (3) 8oz glasses of Trilyte solution, 1 glass every 15 minutes.  
 **Glass 1**             **Glass 2**             **Glass 3**
- If you are not clear, continue to drink 1 glass every 15 minutes until you are.  
 **Glass 4**             **Glass 5**             **Glass 6**             **Glass 7**             **Glass 8**

## Three (3) hours before your Colonoscopy...

- DO NOT DRINK OR EAT ANYTHING**

## Last Minute Checklist...

- Bring this checklist with the name and phone number of the person taking you home.

Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

Relationship \_\_\_\_\_ (husband, wife, sibling, friend, significant other, child, etc)

- Bring insurance cards and any payment or co-payment required for the procedure.
- Bring the Medical History form and a list of all medications you are currently taking.
- Bring your driver's license or photo ID.
- Leave valuable and jewelry at home and wear comfortable clothes that are not tight fitting.

\_\_\_\_\_  
Patient's signature