



**Nothing by mouth including chewing gum, hard candy or mints 3 hours prior to procedure or risk delay or cancellation**

**The day of your procedure:**

- [ ] At 5:00am begin drinking the other ½ (2 liters) of the solution. Drink an 8oz glass every 15 minutes until the entire solution consumed. You may continue to drink clear liquids up to 3 hours prior to your procedure.

**No clear liquids or chewing gum 3 hours prior to procedure or risk delay and/or cancellation.**

- When finished with the prep, your bowel movements should be watery and see-through and free of solids (flecks are ok). The color may appear clear to yellow, green or tan.
- Take prescribed medications with a small sip of water with the exception of insulin and other diabetic medications.
- **Do not take any insulin or oral diabetic medication** on the morning of your procedure, unless otherwise directed by your gastroenterologist.
- If you use an inhaler, bring it with you to your procedure.
- Please do not wear jewelry, including body piercings, or lotion to the center.

\*\*\*\*\***Plan on a four (4) hour stay**\*\*\*\*\*

**A patient representative/responsible party is necessary because of the use of sedation. The doctor will not perform the procedure without knowing that a responsible party is in the waiting area.**

**The responsible party must:**

- **Be at least 18 years of age**
- **Remain at the facility the entire time**
- **Receive discharge instructions and pertinent medical information**
- **Possibly need to assist the patient with dressing**
- **Drive the patient home**

\*\*\*\*\* ***If you have any questions, please contact our office at any time at 678-741-5000.*** \*\*\*\*\*

**CLEAR LIQUID DIET INSTRUCTIONS**

This diet provides foods which will leave minimal residue in the intestinal tract.

***If you are having a colonoscopy or flexible sigmoidoscopy, please do not use any artificially colored red, purple or orange liquids such as Punch flavored Gatorade® or red Popsicles®.***

<b><u>GROUP</u></b>	<b><u>LIQUIDS ALLOWED</u></b>
Fruit Juice	Apple juice, White grape juice.
Beverages	Black coffee, tea, carbonated beverages such as Sprite® or Coca-Cola®, Gatorade®, Powerade®, Kool-Aid®, strained lemonade. ** Make sure to AVOID all red, purple and orange coloring.
Protein	Clear broth or bouillon soups
Desserts/Sweets	Popsicles®, fruit flavored ices, flavored gelatin, Jell-O and clear hard candy. ** Make sure to AVOID all red, purple and orange coloring.
Seasoning	Lemon juice or honey for tea. Sugar for coffee. ** NO creamer.