

# Coastal View Gastroenterology of South Bay, Inc

\*CLEAR LIQUID DIET

SUTHA SACHAR MD. DOUBLE BOARD CERTIFIED

**THE DAY BEFORE** your colonoscopy you will be asked to follow a CLEAR LIQUID DIET. Clear liquids will also keep your body hydrated. **Please drink plenty of fluids.**

What are clear liquids? A good rule of thumb is **anything you can see through** when held up to a light. **DO NOT** drink anything with RED, ORANGE or PURPLE dyes.

## **BEVERAGES**

1. Water
2. Coffee, tea (no milk or creamers )
3. Sports drinks (Gatorade, Powerade )
4. Fruit juices ( apple juice, no pulp or nectars )
5. Soft drinks (7-up, sprite, ginger ale, kool aid, crystal light)

## **SOUPS**

1. Chicken broth / consommé
2. Beef broth/Bouillon
3. Vegetable broth

## **DESSERTS**

1. Jell-O (lemon or lime is okay)
2. Popsicles (no sherbets, or fruit bars with pulp)
3. Hard candies

## **DO NOT EAT**

NO solid food, vegetables , fruits  
NO bread, cereal, grains, pasta, rice  
NO milk or dairy products  
NO meat, chicken or fish  
NO nuts or tofu

**1.DO NOT** EAT OR DRINK AFTER MIDNIGHT OTHER THAN THE COLONOSCOPY PREP. **THIS INCLUDES WATER AND COFFEE**

**2. IF YOU TAKE BLOOD PRESSURE MEDICATION, PLEASE TAKE IT WITH A SIP OF WATER 4 HOURS PRIOR TO YOUR PROCEDURE.**

**3. MAKE SURE YOU HAVE A RIDE TO AND FROM THE SURGERY CENTER DUE TO THE ANESTHESIA (YOU CANNOT UBER OR LYFT )**

# GoLyteLy PREP INSTRUCTIONS

## DAY PRIOR TO YOUR EXAM:

- Start on a clear liquid diet for the entire day.
- In the morning mix the GoLyteLy solution according to the instructions in the kit and refrigerate. It will taste much better.
- **At 5:00pm you should have started to drink HALF of one gallon GoLyteLy as instructed.**
- Approximately 1 cup every 10-20 minutes. Slow down if you feel nauseated.
- You can continue clear liquids after that but nothing at all after midnight

## DAY OF THE PROCEDURE:

- Drink the second HALF gallon of the preparation starting **7 HOURS BEFORE** your exam's scheduled time. ( eg: if your appointment is at 10am, you should start at 3am. You **MUST** finish the second half within 3 hours so your stomach is empty for your exam.
- After completing the bowel preparation, your stools should be very watery and clear yellow.  
**\*\*\* Please contact our Pacific Endo surgical center if your stools are NOT clear yellow or if you are concerned with the result of the preparation. Pacific Endo-Surgical Center phone: (310)326-1666\*\*\***
- Please arrive 2 hours before your scheduled time to Surgery Center
- Please bring a list of your current medications along with correct dosage to your appointment as well.
- Due to the sedatives given **you cannot drive for the remainder of the day.**
- You will be sedated for your procedure so please plan to avoid having to make any important decisions for the remainder of the day after your procedure.
- **We cannot be responsible for any lost or valuable items. Please leave them at home or with the person bringing you to your appointment.**

**Remember:** If you don't have someone to provide a ride to your exam it could or will be canceled and rescheduled to a later date. **No uber, lyft or taxi is allowed to drop or pick you up from your procedure!**

### Location of Procedure

Pacific Endo Surgery Center  
3445 CA-1 Suite 120, Torrance CA 90505  
Phone number: 310-326-1666