

Two Day Liquid Diet for Constipation

Begin Miralax twice daily, per package directions, 7 days prior to procedure. You will not take it on the day of your prep (day before procedure).

Start a 2 Day Clear Liquid Diet

Start a clear liquid (no solid foods) diet from the moment of waking up on the day before the procedure.

Clear Liquid Diet – Day 1

- Gatorade, fruit juice (no citrus), soda, popsicles without fruit or cream, gelatin without fruit, broth without fat, coffee, and tea
- No solid food
- No red, orange, or purple colored liquids
- Dairy is ok (as long it is liquid at room temperature) – including yogurt.

Clear Liquid Diet – Day 2

- Gatorade, fruit juice (no citrus), soda, popsicles without fruit or cream, gelatin without fruit, broth without fat, coffee, and tea
- No solid food
- No red, orange, or purple colored liquids
- No Dairy Allowed

Follow instructions for the prep you were given on Day 2, day before the procedure.

Do not eat or drink (not even water) anything 4 hours prior to your procedure.

- Be sure to inform your doctors and nurses about any diabetic medications and/or blood thinners you take.
- Take all medications for high blood pressure, heart conditions, or seizure disorder with water 4 hours prior to your procedure. This will be the last liquid you should have.
- Bring rescue inhalers, asthma inhalers, diabetic medications, glucose monitor, and CPAP/BiPap machine with you to procedure.
- **Please be sure to have a ride arranged and with you to take you home after the procedure. If you do not have a ride with you, your procedure will be cancelled.** Your ride needs to be someone you know over 18 years of age, or a medical transport.

Call 303.398.1355 option #4, if you have any questions or need to reschedule.

Visit our website for more information about support groups, clinical trials and lifestyle information.

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NOTE: This information is provided to you as an educational service of National Jewish Health. It is not meant to be a substitute for consulting with your own physician.

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