



Jordan & Associates

GASTROENTEROLOGY, P.A.

Please Follow our Prep Instructions-Not Instructions On the Box

Please Purchase Miralax over the counter:

1. Beginning four days prior to your Prep Day-Take 1 capful of Miralax, mix with 8 oz. of water and drink. Do this twice daily. Begin this on _____

ON THE DAY BEFORE YOUR PROCEDURE:

1. Clear liquid diet all day. DRINK PLENTY OF CLEAR LIQUIDS UP UNTIL MIDNIGHT
2. Start your assigned bowel prep between 5pm and 6pm
3. Diabetics: Take a half dose of your morning insulin, no evening dose and no diabetic pills. **If you feel your sugar is getting low, you may take 1-2 tablespoons of honey.**
4. Do not drink anything after midnight with the exception of your bowel prep and water for bowel prep
5. Please follow the instructions carefully to ensure adequate preparation of your colon.

The two Promethazine tablets instructions: If you become nauseated **while** doing your prep, you can take 1 tablet every four to six hours as needed.

THE DAY OF YOUR PROCEDURE:

1. Drink your second dose of your assigned bowel prep beginning at _____
2. Bring all medications with you on the morning of your procedure
3. Arrange for a driver to come with you the morning of the procedure. The driver must stay at the office and is not allowed to leave.
4. Please understand if you eat or drink (other than your prep) the morning of your procedure or do not have a driver, your procedure will be canceled.
5. The only medication you **should not** take is your diabetic medication. Please take all medications with a small sip of water.
6. While our goal is for this procedure to move along as quickly as possible. We do run into that difficult cases from time to time and that requires Dr. Jordan to spend additional time with the patient. Therefore, we do ask that you please allow 2-3 hours from start to finish for your scheduled procedure.

Appointment Date: _____

_____ **Report to: 415-C North 7th Street Smithfield NC 27577**

_____ **Report to: Duke Raleigh 3400 Wake Forest Road Raleigh NC 27609**

Your procedure is scheduled to start at: _____
Please Call (919)938-44014 If you should have any questions.



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Clear Liquid Diet

The body can easily absorb a diet of clear liquids. They reduce the stimulation of the digestive system and leave little to no residue in the intestinal tract. Below you will find several examples of clear liquids, which are considered to be any liquid you can see through and is easy to swallow:

- ✓ Water
- ✓ Tea
- ✓ Fruit Ice
- ✓ Coffee without Creamer
- ✓ Broth/Bouillon (chicken or beef)
- ✓ Popsicles
- ✓ Juice
- ✓ Capri Sun
- ✓ Fruit Ice
- ✓ Gatorade
- ✓ Soft drinks (Coke, Pepsi, Mtn Dew, Ginger Ale)
- ✓ Jell-O
- ✓ Clear Hard Candy

Avoid the Following Foods/Liquids

- ✓ **Avoid anything Red or Purple in Color**
- ✓ Regular Soups
- ✓ Chewing Gum
- ✓ Jell-O with Fruit
- ✓ Milk/Dairy Products
- ✓ Puddings
- ✓ Orange Juice or juices with pulp
- ✓ All breads, meats, veggies and fruits

Frequently Asked Questions

- You may wear your contacts or glasses
- You may brush your teeth the morning of your procedure
- You may wear makeup, nail polish and jewelry (please remove earring and any body piercings the morning of your procedure)
- You may wear your dentures. If you are having an upper endoscopy, you will be asked to remove them right before your procedure.