

BUY AT A STORE - STANDARD BOWEL PREP AM


The following instructions are your physician's specific instructions. Please follow the instructions carefully to ensure a successful prep.

You can reach Your Patient Advisor with non-medical prep questions at: **800.349.0285**.

You can reach your physician's office through United Digestive's Practice Network at: **866.468.6242**.

Special Notes: If you are on aspirin, Coumadin (Warfarin), Plavix (clopidogrel), Xarelto (rivaroxaban) Eliquis (apixaban) or other blood thinning medication, follow the instructions provided by your gastroenterologist regarding if/when they should be discontinued before your procedure. If you are unsure, call your gastroenterologist.

PREP WEEK AT A GLANCE

<p>7 days to procedure</p>	<p>Review your prep instructions thoroughly.</p> <p> STOP taking iron supplements and multivitamins with iron, highdose of fish oil and phentermine.</p> <p>STOP eating any raw vegetables or vegetables containing seeds, corn, popcorn, nuts, and seeds. In addition, stop taking any fibersupplements until after the procedure.</p> <p>Purchase the following over the counter items at a pharmacy or grocery store:</p> <ol style="list-style-type: none"> Two 28 oz bottles of Gatorade or Propel/G2 if you are diabetic (no red or purple) Two 8.3 oz bottles of MiraLAX powder (238 grams/14 dose) One 30 ml bottle of simethicone infant gas relief drops (20mg/0.3ml) (any brand) <p>DIABETIC PATIENTS If you are a diabetic patient, please reference the additional diabetic instructions in this packet, located on page 4.</p>
<p>1 day to procedure</p>	<p>NO SOLID FOODS, CLEAR LIQUIDS* ONLY upon rising, until after your procedure. A clear liquid diet is necessary for a colonoscopy.</p> <p>Prep at a Glance</p> <ul style="list-style-type: none"> 6:00 pm, drink 56 oz of the prep solution. Detailed, step-by-step instructions located on page 2. 10:00 pm, drink 56 oz of the prep solution. Drink plenty of water and clear liquids throughout the day to avoid dehydration.
<p>Procedure Day</p>	<p>Arrive 60 minutes prior to procedure for paperwork and pre-assessment. Nothing by mouth 4 hours prior to your ARRIVAL time, or the procedure may be rescheduled. NO GUM OR HARD CANDY till after your procedure. You may brush your teeth but do not swallow. If you take daily medications, please reference p 3 for specific instructions.</p>

<p>*Clear Liquid Diet Details: NO RED OR PURPLE</p>	
<p>NO DAIRY</p>	
<p>Approved Sodas, coffee, tea, clear juices, fitness waters, Popsicles without pulp, chicken, vegetable, & beef broth, gelatin</p>	<p>Avoid No milk/dairy/creamer No juices with pulp NO RED OR PURPLE</p>



BUY AT A STORE - STANDARD BOWEL PREP AM

Prep Day: **The day before your procedure – Begin Liquid Diet**

Clear liquids only the day prior to the procedure. No solid foods upon rising, until after your procedure. Drink plenty of water throughout the day to avoid dehydration.

- Discontinue alcohol one day prior to procedure.
- **Diabetic Patients – Take ½ of your usual diabetic medication (oral/injectable) dose today.**

Step

1

3:00 PM the day prior to your procedure:

Mix 8.3 oz. of MiraLAX with 56 oz of Gatorade.

Fill the simethicone gas drops dropper to the 0.6 ml line and add to the mixture. Repeat with another 0.6 ml dropper of simethicone



Step

2

Mix a second container 8.3 oz. of MiraLAX with 56 oz of Gatorade.

Fill the simethicone gas drops dropper to the 0.6 ml line and add to the mixture. Repeat with another 0.6 ml dropper of simethicone.

Mix well and place in refrigerator.



Step

3

6:00 PM the evening prior to your procedure:

Drink an 8 oz glass of the solution every 15 minutes until you have finished drinking **THE ENTIRE FIRST PREP MIXTURE (56 oz).**

Finish prep mixture within two (2) hours.



Individual responses to laxatives may vary. This preparation will cause multiple bowel movements, so it is advised to stay close to a bathroom.

4

10:00 PM the evening prior to your procedure:

Drink an 8 oz glass of the solution every 15 minutes until you have finished drinking **THE ENTIRE SECOND PREP MIXTURE (56 oz)**



The Day of Your Procedure

Medication Instructions

- For diabetic patients, hold all diabetic medications, including insulin, till after your procedure.
- If you take daily blood pressure medication, you may take it with a **SMALL SIP OF WATER ONLY**, at least 2 hours before your procedure.

Additional Information

- Please refrain from smoking on the day of your procedure to comply with anesthesia requirements. If you are a smoker, it is important that you avoid smoking before your procedure.
- Asthma patients: please bring your inhaler with you.
- **4 HOURS BEFORE YOUR PROCEDURE**
 - NOTHING BY MOUTH
 - NOTHING TO EAT OR DRINK UNTIL AFTER YOUR PROCEDURE
 - NO GUM OR HARD CANDY
 - YOU MAY BRUSH YOUR TEETH BUT DO NOT SWALLOW
- Bring a list of your current medications, insurance cards, and photo identification.
- Do **NOT WEAR ANY JEWELRY TO YOUR PROCEDURE**. The facility is not responsible for any personal items that are misplaced or lost.
- You must have a responsible adult known to you to drive you home. You may not go home in a taxi, rideshare (Uber/Lyft), or take public transportation. The sedation you will receive will prevent you from driving safely or working the day of your procedure.
- **If you have any questions or concerns about the preparation, please contact Your Patient Advisor by calling 800.349.0285 or emailing support@yourpatientadvisor.com.**

It is important to leave your name for your Patient Advisor and verify your call back phone number if prompted. Your Patient Advisor will return your call as soon as possible.

Bowel Prep Frequently Asked Questions

Should I contact my insurance company?

Prior to your procedure, contact your insurance company so you are aware of any costs that you may be responsible for an OUTPATIENT procedure. It is ultimately the patient's responsibility to be familiar with their own personal insurance policy information and benefits.

What is a clear stool?

A clear stool can have a slight tint of yellow or brown. It will be completely transparent and will not contain any solid matter.

I am not having bowel movements, what should I do?

Bowel movements can take up to 5-6 hours after beginning the prep to start. Be patient, continue to drink clear liquids. If you have not had a bowel movement by midnight the night prior to your procedure, you will need to reach the on-call physician for further instructions.

The prep is making me nauseous, what should I do?

If you develop nausea or vomiting, slow down the rate at which you drink the solution. Please attempt to drink all of the laxative solution even if it takes you longer. If vomiting persists, or you are not able to finish the preparation, stop the preparation and contact your physician's office during normal business hours or speak to the on-call physician.

What are some high fiber foods I should avoid?

Raw fruits and vegetables are typically high in fiber, as well as nuts, seeds, whole grain breads and beans and lentils.

What are some good options for low fiber foods?

Choose white bread and white rice for lower fiber options, as well as pastas made with white flour. Chicken, fish, dairy and eggs are also low in fiber and good choices for foods 2-3 days before you begin your prep.

If I eat popcorn or seeds 3 days before my procedure, do I need to reschedule?

You will not need to reschedule your procedure; however, the seeds or nuts may cause a difficulty in screening and require a need for rescreening. If you have eaten a large amount of seeds or nuts, you may want to contact your provider or their medical assistant.

Can I drink ALCOHOL on the liquid diet?

Alcohol is not allowed as part of the liquid diet.

Can I continue to be on the liquid diet after I begin consuming the laxatives?

Yes, you may continue the liquid diet until you are directed to discontinue anything by mouth, which is typically 4-6 hours prior to the procedure.

Why do I have to wake up so early for the 2nd dose, can't I take it all the night before?

A split prep has proven to be the most effective for a successful colonoscopy. It is essential that you follow the directions provided with your prep medications.

If I weigh under 100 pounds, do I need to take all the prep?

The liquid amount is not weight dependent. It is important to finish the prep for a successful colonoscopy.

DIABETIC PATIENT INSTRUCTIONS

It is important to keep your blood sugar controlled when you are having an outpatient procedure. The following directions will guide you in managing your diabetes medicines before your procedure.

THE DAY BEFORE YOUR PROCEDURE

Take ½ of your usual diabetic medication (oral/injectable) dose today.

If you take Insulin:

Take half of your usual amount of evening insulin (see examples below which include all types of insulin, such as NPH, 70/30, 50/50, Regular, Humalog, and Lente).

Example 1: Your usual evening dose is 15 units of NPH and 8 units of regular. You would take 7 units of NPH and 4 units of regular the evening before your procedure.

Example 2: Your usual evening dose is 27 units of 70/30 insulin. You would take 13 units of 70/30 insulin the evening before your procedure.

THE MORNING OF YOUR PROCEDURE

- Check your blood sugar first thing in the morning (and at 12:00 noon if you are not at the hospital or outpatient facility) and write down the results. Bring these results and your blood sugar log book with you (along with your diabetes pills and/or insulin) to the hospital or outpatient facility.
- If you are on diabetes pills or take insulin injections:
DO NOT take your pills or insulin the morning of your procedure.
- If you use an insulin pump:
 - Bring it with you to your procedure.
 - Discontinue the bolus function four (4) hours before your arrival time.
 - If your blood sugar is in an acceptable range, decrease the basal function to 50% of your normal rate.
- If your blood sugar is less than 60, take one of the following 2 hours before your arrival at the hospital or outpatient facility:
 - 3 glucose tablets
 - 4 oz. juice (clear juice such as apple or white grape)
 - 6 Life Savers™ (NO RED)