



## BUY AT A STORE - STANDARD BOWEL PREP

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.

7 days prior to procedure	3 days prior to procedure	2 days prior to procedure	1 day prior to procedure	Day of procedure
<p><b>Review your prep instructions thoroughly.</b></p> <p><b>STOP: Iron, high dose of fish oil and phentermine.</b></p> <p><b>DIABETIC PATIENTS</b> If you are a diabetic patient, please reference the additional diabetic instructions in this packet, located on page 5.</p> <p><b>Tylenol (Acetaminophen) and daily aspirin 81mg are OK.</b></p>	 <p><b>STOP</b> eating any raw vegetables or vegetables containing seeds, corn, popcorn, nuts, and seeds and stop any fiber supplements until after the procedure.</p> <p>Purchase clear liquid diet items, ointment, reading material, etc.</p> <p><b>Please notify your gastroenterologist office if you may need antibiotics before your procedure (eg. heart valve replacement).</b></p>	 <p>Continue a low fiber diet. Remember to avoid foods with nuts and seeds.</p> <p>Confirm arrangements with your driver.</p>	<p><b>NO SOLID FOODS, CLEAR LIQUIDS*</b> ONLY upon rising, until after your procedure. A clear liquid diet is necessary for a colonoscopy.</p> <p><b>Prep at a Glance</b> <b>8:00 am</b> take 2 Dulcolax.</p> <p><b>4:00 pm</b> drink 56 oz of prep solution.</p> <p>Drink plenty of water and liquids throughout the day to avoid dehydration.</p> <p>Detailed, step-by-step instructions located on page 3.</p>	<p>Nothing by mouth <b>after midnight until after your procedure.</b></p> <p><b>NO GUM OR HARD CANDY</b></p> <p><b>YOU MAY BRUSH YOUR TEETH BUT DO NOT SWALLOW.</b></p> <p><b>If you take daily medications, please reference p 4 for specific instructions.</b></p>

**\*Clear Liquid Diet Details: NO RED, ORANGE, or PURPLE.**

**NO DAIRY**

**Approved**

Sodas, coffee, tea, clear juices, fitness waters, Popsicles without pulp, chicken, vegetable, & beef broth, gelatin

**Avoid**

No milk/dairy  
No juices with pulp  
**NO RED, ORANGE, or PURPLE**



### Bowel Prep Frequently Asked Questions

#### 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 2<sup>nd</sup> 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.

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### Prep Day: The day before your procedure

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.**

1

**8:00 AM** the morning prior to your procedure:

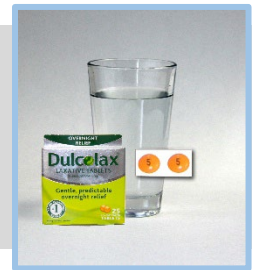
Pour the **56 oz** of Gatorade Zero (or other electrolyte drink) into a pitcher and **chill in the refrigerator**.



2

**8:00 AM** the morning prior to your procedure:

Take **2 (5mg) Dulcolax** tablets with a glass of water.



3

**4:00 PM** the day prior to your procedure:

Mix the **ENTIRE BOTTLE** (8.3 oz/238g) of Miralax with **56 oz** of chilled drink from Step 1.



4

**4:00 PM** the day prior to your procedure:

Drink an 8 oz glass of the solution every 30 minutes until you have finished drinking **THE ENTIRE MIXTURE (56 oz)**.

**Drink rapidly with a straw.**



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

**Continue to follow a clear liquid diet throughout the day until bedtime or midnight.**

**NOTHING BY MOUTH AFTER MIDNIGHT**

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## The Day of Your Procedure

### Medication Instructions

- The morning of your procedure, take all regularly scheduled medications with a small sip of water.
- For diabetic patients, hold all diabetic medications, including insulin, till after your procedure.
- If you take blood thinning medications, please refer to the medication instructions provided by your gastroenterologist.

### 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.
- **Bring photo ID and Leave all jewelry at home**
- **MIDNIGHT 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
- If your procedure requires sedation, a driver (age 18 or over) must accompany you to your appointment. The person who is driving you home must remain at the facility while your procedure is being performed so that they are available in the unlikely event of an emergency. 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. Following your procedure, do not drive, operate heavy machinery, or sign legal documents for 24 hours.

**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](mailto: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.

## Clear Liquid Examples

- Water
- Coffee (without milk, half & half, nor creamers)
- Apple or white grape juice
- Gatorade or other sports drinks
- Tea (without milk, half & half, nor creamers)
- Kool Aid or other flavored drinks
- Ginger Ale
- Sprite
- 7-UP
- Popsicles
- Gelatin
- Bouillon

**NOTHING RED, ORANGE, OR PURPLE.**

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## 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, ORANGE, OR PURPLE)