

# STANDARD BOWEL PREP-BUY AT A STORE

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 at **1-866-468-6242**.

**Special Notes:**

You will be charged \$250 if you no show, cancel/reschedule without 48 hours' notice.

Please see page 3 for important information regarding your procedure.

## PREP WEEK AT A GLANCE

7 days to procedure	Review your prep instructions thoroughly. Review medication changes/restrictions starting today. Pick up prep supplies from pharmacy.
3 days to procedure	 <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. Purchase clear liquid diet items, ointment, etc.
2 Days to procedure	 Continue a low fiber diet. Remember to avoid foods with nuts and seeds.  Confirm arrangements with your <b>driver</b> . <b>DIABETIC PATIENTS</b> If you are a diabetic patient, please reference the additional diabetic instructions in this packet, located on page 5.
1 day to procedure	<b>NO SOLID FOODS, CLEAR LIQUIDS* ONLY</b> upon rising, until after your procedure. <b>Prep at a Glance</b> <b>1:00 pm</b> Mix drink mix and MiraLAX <b>5:00 pm</b> take 4 Dulcolax   <b>6:00 pm</b> take 28oz of prep solution. Drink plenty of water and liquids throughout the day to avoid dehydration. <b>Detailed, step-by-step instructions located on page 2.</b>
Procedure Day	<b>5 hours prior to your procedure,</b> take 28oz of prep solution (remaining half)  Nothing by mouth <b>4 hours prior to your procedure</b> <b>NO GUM OR HARD CANDY   YOU MAY BRUSH YOUR TEETH BUT DO NOT SWALLOW</b> <b>*Take your heart &amp; blood pressure medications as instructed unless your doctor instructs you otherwise. You may take necessary medications instructed by Provider first thing in the morning the day of procedure with Small SIPS of WATER ONLY.</b>

**\*Clear Liquid Diet Details: NO RED 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 or PURPLE**  
 No alcohol



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## Prep Day: **The day before your procedure**

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

Step  
**1**

**1:00 PM** the day prior to your procedure

Pour the 56 oz. of Gatorade/Propel into a pitcher and chill in the refrigerator.



Step  
**2**

**1:00 PM** the day prior to your procedure

Mix together the ENTIRE BOTTLE (8.3oz/238g) of MiraLAX with 56 oz. of chilled Gatorade/Propel.



Step  
**3**

**5:00 PM** the day prior to your procedure

Take 4 (5mg) Dulcolax tablets with a glass of water



Step  
**4**

**6:00 PM** the evening prior to your procedure

Drink an 8 oz. glass of the prep solution every 15-45 minutes until you have finished drinking **HALF (1/2) OF THE MIXTURE (28 oz.)**.

This process may take 1-2 hours.



*Individual responses to laxatives vary. This preparation will cause multiple bowel movements, stay close to a bathroom.*

## Prep Day: **The day of your procedure**

Step  
**5**

**5 hours prior to your procedure**, the day of your procedure-

Drink an 8 oz. glass of the prep solution every 15 minutes until you have finished drinking **THE REMAINING HALF (1/2) OF THE MIXTURE (28 oz.)**.

This process may take 1 hour.

**NO GUM OR HARD CANDY | YOU MAY BRUSH YOUR TEETH BUT DO NOT SWALLOW**

**\*Take your heart & blood pressure medications as instructed unless your doctor instructs you otherwise. You may take necessary medications instructed by Provider first thing in the morning the day of procedure with Small SIPS of WATER ONLY. See page 3 for medication instructions.**



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## **DRIVING INSTRUCTIONS**

Please arrange for a responsible adult to drive you to and from the facility. They must plan on staying at the facility during the procedure. Your procedure may be cancelled should you arrive without a driver.

It is best if you can have a responsible adult with you for at least 8 hours following your procedure.

You will not be permitted to drive for 24 hours after the procedure due to anesthesia. You should also refrain from making any important and financial decisions during this time.

## **INSURANCE NOTE**

Please bring your driver's license and insurance card to every appointment, even your procedure.

Remember, it is your responsibility to contact your insurance company to verify your insurance coverage for this procedure.

**\*\*Do not wear jewelry or contacts to your procedure.**

## **MEDICATION INSTRUCTIONS**

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:** STOP Iron, Multivitamin with Iron, Phentermine and Fish Oil.

**Day of your procedure:**

- Take your Heart & Blood Pressure medications as instructed unless your doctor instructs you otherwise.

## 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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## 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 your diabetes medication (oral or insulin) as usual.

### THE EVENING BEFORE YOUR PROCEDURE

- If you are on oral diabetes medication, continue the usual dose until midnight.
- 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.
- NOTHING TO EAT OR DRINK AFTER MIDNIGHT. This includes hard candy and chewing gum. You are allowed to brush your teeth, but do not swallow.

### THE MORNING OF YOUR PROCEDURE

- Nothing to eat or drink. This includes hard candy and chewing gum. You are allowed to brush your teeth, but do not swallow.
- 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:
  - 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:
    - a. 3 glucose tablets
    - b. 4 oz. juice (clear juice such as apple or white grape)
    - c. 6 Life Savers™ (NO RED)
- Unless your physician gives you other instructions, prescribed medication(s) for asthma, blood pressure, heart, seizure, or anti-psychotic medications may be taken as scheduled with a small sip of water. Please do not take anything else by mouth until your procedure is completed.
- Asthma patients: please bring your inhaler with you.