

# CONSTIPATION BOWEL PREP SPLIT



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

7 days to procedure	<p>Review prep instructions thoroughly and the medication changes/restrictions starting today.</p> <p> <b>STOP</b> taking iron supplements and multivitamins with iron, high dose of fish oil, and phentermine.</p> <p><b>DIABETIC PATIENTS</b> If you are a diabetic patient, please reference the additional diabetic instructions in this packet, located on page 6.</p>
3 days to procedure	<p> <b>STOP</b> eating any raw vegetables or vegetables containing seeds, corn, popcorn, nuts, and seeds. In addition, stop taking any fiber supplements until after the procedure.</p> <p>Confirm arrangements with your driver.</p>
2 Days to procedure	<p><b>NO SOLID FOODS, CLEAR LIQUIDS* ONLY</b> upon rising, until after your procedure. A clear liquid diet is necessary for a successful colonoscopy.</p> <p><b>Prep at a Glance</b></p> <ul style="list-style-type: none"> <li>• <b>5:00 pm</b>, drink 10 oz of magnesium citrate. See step-by-step instructions located on p 3.</li> </ul>
1 day to procedure	<p><b>NO SOLID FOODS, CLEAR LIQUIDS* ONLY</b> upon rising, until after your procedure. A clear liquid diet is necessary for a successful colonoscopy.</p> <p><b>Prep at a Glance</b></p> <ul style="list-style-type: none"> <li>• <b>3:00 pm</b>, take 2 Dulcolax tablets.</li> <li>• <b>6:00 pm</b>, drink first dose of the prep solution.</li> <li>• <b>9:00 pm</b>, take 2 Dulcolax tablets.</li> <li>• Drink plenty of water and liquids throughout the day to avoid dehydration.</li> </ul>
Procedure Day	<ul style="list-style-type: none"> <li>• <b>6 hours prior to your procedure</b>, drink the second dose of the prep solution.</li> <li>• Nothing by mouth <b>4 hours prior</b> to your <b>ARRIVAL</b> time, or the procedure may be rescheduled.</li> <li>• <b>NO GUM OR HARD CANDY</b> till after your procedure. You may brush your teeth but do not swallow.</li> <li>• If you take daily prescribed medications, please reference p 4 for specific instructions.</li> </ul>

### \*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**



### 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? *(Not applicable for same day prep instructions)*

A prep that is taken at two different time periods is called a split-dose prep. This prep protocol 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: Two (2) days before your procedure

Clear liquids only two (2) days prior to the procedure. No solid foods, until after your procedure. Drink plenty of water throughout the day to avoid dehydration.

### Step 1

**5:00 PM** Two (2) days before your procedure:

Drink the entire bottle of magnesium citrate. You may mix it with Sprite, 7-Up, or Ginger Ale.

**If you have congestive heart failure or have kidney-renal failure DO NOT drink and contact your gastroenterologist.**



## 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 your oral diabetic medication dose as usual. For insulin patients, take half of your usual dose the evening before.

### Step 2

**3:00 PM** the day prior to your procedure:

Pour the 56 oz of Gatorade or other electrolyte drink into a pitcher and chill in the refrigerator. (2-Bottles of 28 oz each)



### Step 3

**3:00 PM** the day prior to your procedure:

Mix the **ENTIRE BOTTLE** (8.3 oz/238g) of MiraLAX with **56 oz** of chilled Gatorade or other electrolyte drink. Chill in the refrigerator.



### Step 4

**3:00 PM** the day prior to your procedure:

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



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### Step 5

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

Drink an 8 oz glass of the prep solution every 15 – 30 minutes until you have finished drinking **HALF OF THE SOLUTION (28 oz)**.

This process may take 1 hour.



### Step 6

**9:00 PM** the evening prior to your procedure:

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



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

## The day of your procedure

### Medication Instructions

- For diabetic patients, hold all diabetic medications, including insulin, till after your procedure.
- 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.

### Prep Instructions, Continued:

### Step 7

**6 hours prior to your procedure:**

Consume the **OTHER HALF OF THE PREP SOLUTION (28 oz)** by drinking an 8 oz glass of the prep solution every 15 – 30 minutes **until gone**.

**You must finish the entire prep, even if your bowels are already clear.**



**FINISH EXACTLY 4 HOURS PRIOR TO 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
- 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.

## 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 logbook 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 OR PURPLE)