

# 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 at: **334.495.2600**

**Special Notes:** Please notify the office if you have a DEFIBRILLATOR.

**SPECIAL NOTES: PLEASE SEE PAGE 4 FOR DETAILED INSTRUCTIONS REGARDING BLOOD THINNERS.**

5 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:</b> ALL aspirin and non-steroidal anti-inflammatory agents such as Motrin, Aleve, Goodies, Stanback, BC, Mobic, Celebrex, etc 5 days prior to your procedure.</p> <p>Tylenol (and other brands of Acetaminophen) is safe to consume before the test.</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>Continue a low fiber diet. Remember to avoid foods with nuts and seeds.</p> <p>Confirm arrangements with your driver.</p> <p><b>STOP:</b> iron 2 days prior to your procedure.</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></p> <p><b>1:00 pm</b> Drink 10oz of Magnesium Citrate</p> <p><b>3:00 pm</b> take 2 Dulcolax</p> <p><b>5:00 pm</b> Drink 32oz of prep solution</p> <p><b>8:00 pm</b> take 2 Dulcolax</p> <p>Detailed, step-by-step instructions continue on page 3.</p>	<p>Drink remaining 32oz of prep solution</p> <p>Nothing by mouth <b>4 hours prior</b> to your procedure.</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 blood pressure medication, you may take it with a SMALL SIP OF WATER ONLY, at least 4 hours before your procedure.</b></p>

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

**Approved**

- Sodas, coffee, tea
- Clear juices, fitness waters
- Popsicles without pulp
- Chicken, vegetable and beef broth
- Gelatin

**Avoid**

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



## 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 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 call your physician's office for further instructions.

### 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 the nurse or physician.

### 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 of the prep?

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

# STANDARD BOWEL PREP

## Prep Day: The day before your procedure

**No solid foods** upon rising, until after your procedure. It is very important to drink plenty of water and other clear liquids during your preparation in order to avoid dehydration and to flush the bowel.

Drink one 8 oz glass of water or another clear liquid every hour that you are awake.

1

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

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

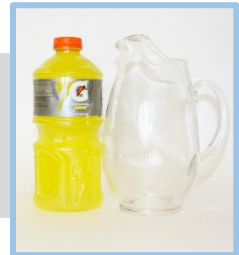
If you have **Congestive Heart Failure** or have **Kidney-Renal Failure** **DO NOT** drink and contact Your Patient Advisor immediately.



2

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

Pour the 64 oz. (1/2 gallon) of Gatorade into a pitcher and chill in the refrigerator.



3

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

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



4

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

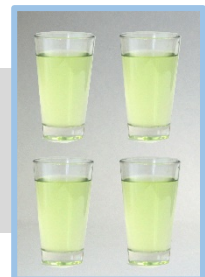
Mix together the **ENTIRE BOTTLE** (8.3oz/238g) of Miralax with **64 oz.** of chilled Gatorade.



5

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

Drink an 8 oz. glass of the solution every 15 minutes until you have finished drinking **HALF OF THE MIXTURE (32 oz.)**.



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



## STANDARD BOWEL PREP

6

**8:00 PM** the evening prior to your procedure

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



### Prep Day: The day of your procedure

Continue a clear liquid diet.

7

the morning of your procedure

Drink the **OTHER HALF OF THE MIXTURE (32 oz.)** Drink an 8 oz. glass of the solution every 15 minutes **until gone**. **You must finish the entire prep, even if your bowels are already clear.**

**\*You should be finished drinking your prep no later than 4 hours prior to your scheduled procedure.**



### THE DAY OF THE PROCEDURE

- You are on a clear liquid diet up to 4 hours before your procedure
- DO NOT have anything by mouth 4 hours prior to your procedure (this includes water, gum, candy, chewing tobacco, snuff or food items).**
- EXCEPTION:** take your blood pressure medications, heart medications, or seizure medications as prescribed with a small sip of water **4 hours prior to your procedure.**
- You must arrange to have a responsible adult (18 or older) bring you to your appointment, remain in the waiting area during the procedure, and drive you home afterwards. You are not allowed to drive, take a bus or taxi, or leave the facility alone.
- Please leave all jewelry and valuables at home, as we do not provide a secure area for these items.

**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.**

### MEDICATION RESTRICTION INFORMATION

**SPECIAL NOTE:** Please contact the prescribing physician to confirm it is okay to stop these medications for the recommended number of days prior to your procedure. If you have not been given permission to stop the drug, contact our office immediately at (334) 495-2600.

Xarelto (Rvaroxaban)	24 hours
Pradaxa (Dabigatran)	24 hours
Eliquis (Apixaban)	48 hours
Aggrenox	4 days

Plavix (Clopidogrel)	5 days
Brilanta (Ticagrelor)	5 days
Coumadin (Warfarin)	7 days
Effient (Prasugrel)	7 days

