

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 physician's office at: **609-926-3330**

Special Notes: If you are on aspirin, Coumadin (Warfarin), Plavix, 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.

IMPORTANT REMINDERS: If you were instructed to have blood work and/or EKG done please make sure they are completed **no later than 14 days before your procedure**, unless otherwise instructed. You will be given sedation. You can not drive after the procedure.

YOU MUST BE ACCOMPANIED BY AN ADULT WHO WILL REMAIN AT THE FACILITY AND DRIVE YOU HOME AFTER YOUR PROCEDURE.

PREP WEEK AT A GLANCE

7 days to procedure	Review your prep instructions thoroughly. Review medication changes/restrictions starting today. Purchase prep supplies at local pharmacy. *If you are unable to find Magnesium Citrate at your pharmacy, please substitute for two (2) additional Dulcolax tablets. Purchase clear liquid diet items, ointment such as Vaseline or A&D etc.
3 days to procedure	 STOP eating any raw vegetables or vegetables containing seeds, corn, popcorn, nuts, and seeds and stop any fiber supplements and bran until after the procedure.
2 Days to procedure	 Continue a low fiber diet. Remember to avoid foods with nuts and seeds. Confirm arrangements with your driver .
1 day to procedure	NO SOLID FOODS, CLEAR LIQUIDS* ONLY upon rising, until after your procedure. Prep at a Glance 1:00 pm take 4 Dulcolax 3:00 pm drink magnesium citrate 6:00 pm drink Gatorade mix Drink plenty of water and liquids throughout the day to avoid dehydration. Finish drinking the mixture by midnight. Detailed, step-by-step instructions continue on page 2.
Procedure Day	Nothing to eat or drink after midnight until after your procedure NO GUM OR HARD CANDY YOU MAY BRUSH YOUR TEETH BUT DO NOT SWALLOW *Medications: Only heart, breathing or blood pressure medication should be taken the morning of the procedure with a small sip of water. If you are diabetic, do not take your diabetes medication the morning of your procedure. You may bring it with you and take after the procedure.

*Clear Liquid Diet Details: **NO RED** or **ORANGE**. **NO DAIRY**

Approved

Sodas, non-carbonated soft drinks
Clear juices without pulp-apple, white grape, lemonade
Popsicles without pulp
Broth or bullion
Gelatin (Jell-O)
Coffee Tea
Sports Drinks

Avoid

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



STANDARD BOWEL PREP

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



Step
2

3:00 PM the day prior to your procedure
Pour 64oz of Gatorade in pitcher and chill in the refrigerator.



Step
3

3:00 PM the day prior to your procedure
Mix together the **ENTIRE BOTTLE** (8.3oz/238g) of Miralax with **64 oz.** of chilled drink mix



Step
4

3:00 PM the day prior to your procedure
Drink 10 oz. Magnesium Citrate
***If you are unable to find Magnesium Citrate at your pharmacy, please substitute for two (2) additional Dulcolax tablets.**



Step
5

6:00 PM the evening prior to your procedure
Drink an 8 oz. glass of the solution every 20 minutes until you have finished drinking **ALL OF THE MIXTURE (64 oz.)**
You may continue to have as much clear liquid as you want until midnight.
You need to be finished drinking the mixture by midnight.



Individual responses to laxatives vary. You may use ointment after you use the bathroom to reduce discomfort. This preparation will cause multiple bowel movements, stay close to a bathroom.

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

Step
6

Nothing to drink after midnight. You cannot have anything at all until after your procedure.
Medications: Only heart, breathing or blood pressure medications should be taken the morning of the procedure with a small sip of water. If you are diabetic, do not take your diabetes medication the morning of the procedure. You may bring the medication with you, and you can take it after your procedure.

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.

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.