

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: **609-586-1319**

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.

THE SURGERY CENTER WILL CALL YOU 3-5 DAYS PRIOR WITH YOUR ARRIVAL TIME. CALL 609-581-6610 WITH QUESTIONS.

PREP WEEK AT A GLANCE

7 days to procedure	<p>Review your prep instructions thoroughly. Review medication changes/restrictions starting today.</p> <p>Stop Anti-Inflammatory meds (Advil, Ibuprofen, Aleve, etc.), Vitamins, & Iron unless directed by your physician.</p>
3 days to procedure	<p> STOP 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>
2 Days to procedure	<p> Continue a low fiber diet. Remember to avoid foods with nuts and seeds.</p> <p>Confirm arrangements with your driver.</p> <p>Prep at a Glance: 5:00 PM Start Prep.</p>
1 day to procedure	<p>NO SOLID FOODS, CLEAR LIQUIDS* ONLY upon rising, until after your procedure.</p> <p>Prep at a Glance 3:00 PM- Take 2 tablets and drink prep solution. 10:00 PM- Take 2 tablets.</p> <p>Drink plenty of water and liquids throughout the day to avoid dehydration. Do not eat or drink anything after midnight the evening before your procedure.</p> <p>Detailed, step-by-step instructions continue on page 2.</p>
Procedure Day	<p>Nothing to drink. No solid food. NO Diabetic Meds. No smoking.</p> <p>NO GUM OR HARD CANDY YOU MAY BRUSH YOUR TEETH BUT DO NOT SWALLOW</p> <p>*If you take daily medication, you may take it with SMALL SIPS OF WATER ONLY, at least 2 hours before your procedure.</p>

***Clear Liquid Diet Details: NO RED .**

Approved

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

Avoid

- No milk/dairy
- No juices with pulp
- NO RED**



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Prep Day: **2 Days Prior To Your Procedure**

Drink plenty of water throughout the day to avoid dehydration.

Step

1

2 days prior to your procedure

Pour 32 oz of Gatorade (or substitution) into a pitcher & chill in the refrigerator.



Step

2

5:00 PM- 2 days prior to your procedure

Mix together **HALF** of the **BOTTLE (8.3oz/238g)** of Miralax (Polyethylene Glycol 3350) with **32 oz.** of chilled drink mix.



Step

3

5:00 PM 2 days prior to your procedure

Drink solution, 8 oz every 30 minutes until gone.



Individual responses to laxatives vary.

This preparation will cause multiple bowel movements, stay close to a bathroom.

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

- Do not eat anything solid (anything you have to chew) the entire day before your procedure - You may only have clear liquids all day the day before your procedure. Please make sure that none of the aforementioned are red or dark purple in color.

- To prevent hunger, you may drink liquid Sustacal or Vanilla Ensure nutritional supplements - up to 3 cans/bottles until 1 pm. These are not clear but they are acceptable because they are absorbed into the small bowel.

Step

4

3:00 PM- The day prior to your procedure-

Pour 64 oz Gatorade (or substitution) into a pitcher & chill in the refrigerator.



Step

5

30 minutes before drinking the Polyethylene Glycol solution-

Mix together the **ENTIRE BOTTLE (8.3oz/238g)** of Miralax (Polyethylene Glycol 3350) with **64 oz.** of chilled drink mix. (From step 4)



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Step
6

3:00 PM The day prior to your procedure

Take 2 (5mg) Bisacodyl (Dulcolax) tablets.

Step
7

3:00 PM The day prior to your procedure

Drink 8 oz of the Polyethylene Glycol solution every 30 minutes until the solution is completely gone.



Step
8

10:00 PM The day prior to your procedure

Take 2 (5mg) Bisacodyl (Dulcolax) tablets.



Prep Day: The day of your procedure

Do not eat or drink anything after midnight. No smoking. Do not wear any dark colored nail polish.

If you have any questions or concerns about the preparation, please contact Your PatientAdvisor by calling 800-349-0285 or emailing support@yourpatientadvisor.com.

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MEDICATION INSTRUCTIONS:* Please take any blood pressure, cardiac, seizure, and/or asthma medications that you may be on with a sip of water the morning of your procedure. * Stop Anti-Inflammatory meds (Advil, Ibuprofen, Aleve, etc), Vitamins, Iron 7 DAYS prior to your procedure unless otherwise directed by your physician.

**** DIABETIC PATIENT**:** Day of your procedure, **NO DIABETIC MEDS.**

- **Day before your procedure:** Take ½ of your AM oral diabetic medication and ½ of your usual insulin dose. **DO NOT TAKE** any PM diabetic medications. Please monitor your blood sugar while on liquid diet.

THE DAY OF YOUR PROCEDURE: Nothing to drink. No solid food, gum and/or mints. No smoking. Do not wear any jewelry or dark nail polish.

-**TIME INSTRUCTIONS:** There is a chance you may be called the morning of the procedure to come over earlier. The entire process, from the time you arrive at the center until the time you are released from our care, can take up to 3 hours. Please plan accordingly.

-**DRIVING INSTRUCTIONS:** Be sure that you have a family member or friend to drive you home after your procedure. You may **NOT** drive yourself or take any public transportation (bus or cab) unless you are accompanied by a family member/friend. If you show up for your appointment without a driver to take you home, your procedure will be cancelled. **YOU CANNOT DRIVE FOR THE REST OF THE DAY AFTER YOUR PROCEDURE.**

-**INSURANCE INSTRUCTIONS:** If you have any changes in your insurance before your scheduled procedure, please contact the office so we can acquire proper authorizations or you will be responsible for the bill. Please bring your insurance card(s) and a photo ID. If you do not have these with you at the time of your procedure, your procedure will not be done until these are presented.

YOU MUST PROVIDE AT LEAST 72 HOURS NOTICE FOR A CANCELLATION OF YOUR PROCEDURE OR YOU WILL BE CHARGED A \$200 FEE.

Please call: (Andrew 609-960-6001, Mary 609-960-6464, Lauren 609-960-6455) if you have any questions.

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 2nd 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.