

MILD CONSTIPATION BOWEL PREP

The following instructions are your physician's specific instructions. Please follow these instructions carefully to ensure a successful prep.

You can reach Your Patient Advisor at **800.349.0285** | You can reach your physician's office at **253.272.5127**

Special Note: If you are taking blood thinner medications, have a pacemaker or a defibrillator, call our office and speak to a nurse.

Seven (7) Days Prior to Procedure	Three (3) Days Prior to Procedure	Two (2) Days Prior to Procedure	One (1) Day Prior to Procedure	Day of Procedure
<p>Review your prep instructions thoroughly.</p> <p>STOP: Using any iron and fiber supplements.</p> <p>If you are taking blood thinner medications, have a pacemaker or defibrillator, call our office and speak to a nurse.</p> <p>Continue your other medications.</p>	<p>STOP eating any raw fruits, raw vegetables, or vegetables containing seeds, corn, popcorn, nuts, and seeds and stop any fiber supplements until after the procedure.</p> <p>If you have diabetes and are taking insulin, consult your diabetes physician for the correct dosage to take on the day of your exam.</p> <p>Purchase *Clear Liquid diet items.</p>	<p>NO FOOD 2 days before your procedure. Follow the *Clear Liquid diet instructions. Drink plenty of water and liquids throughout the day to avoid dehydration.</p> <p>Follow detailed, step-by-step instructions on page 3.</p> <p>YOU MUST ARRANGE A DRIVER WHO WILL STAY WITH YOU AND DRIVE YOU HOME. Please inform your driver this will take about 2 hours.</p>	<p>NO FOOD on the day before your procedure. Follow the *Clear Liquid diet instructions. Drink plenty of water and liquids throughout the day to avoid dehydration.</p> <p>Prep at a Glance 12:00pm - Drink 10oz of Magnesium Citrate 3:00pm - Take two (2) Bisacodyl (Dulcolax) tablets 5:00pm - Begin drinking the 32oz of prep solution 10:00pm - Take two (2) Bisacodyl (Dulcolax) tablets</p> <p>NO USE OF MARIJUANA (THC products) 12 hours prior to your procedure.</p>	<p>NO FOOD on the day of your procedure. Follow the *Clear Liquid diet instructions.</p> <p>Begin drinking the 32oz of prep solution.</p> <p>If you take daily medication, you may take it with SMALL SIPS OF WATER ONLY, at least 3 hours before your procedure.</p> <p>You may brush your teeth but do not swallow.</p> <p>DO NOT USE chewing tobacco, gum, lozenges, candy or breath mints.</p>

***CLEAR LIQUID DIET DETAILS: NO RED OR PURPLE. NO DAIRY.**

Approved

- Sodas, black coffee, tea, water
- Clear juices (no pulp), fitness waters
- Popsicles
- Low sodium chicken, vegetable and beef broth
- Gelatin

Avoid

- No milk, dairy, creamer
- No juices with pulp
- No RED or PURPLE
- No food pieces

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. The bottom of the toilet can be seen through clear stool.

I am not having bowel movements, what should I do?

Bowel movements can take up to 5-6 hours to start after beginning the prep. Be patient, and continue to drink liquids. In rare instances, the bowel prep may not have the desired effect. If you are not having a bowel movement after the first half of your prep, please continue to drink fluids and carry on with drinking the second portion. If you have completed both portions of your prep and have still not had a bowel movement, please call our offices during business hours to discuss rescheduling.

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 unable 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, 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 re-screening. 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, we encourage you to continue the liquid diet until you are directed to discontinue anything by mouth, which is typically **three (3) hours** before the procedure.

Why do I have to wake up so early for the second 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.

THE DAY BEFORE YOUR PROCEDURE

NO FOOD until after your procedure. Drink plenty of water throughout the day to avoid dehydration.

1

12pm 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 are over the age of 70 years old, have Congestive Heart Failure or have Kidney-Renal Failure, **DO NOT DRINK THIS PREP.** Call our office to speak with a Scheduler.

2

3pm the day prior to your procedure

- Pour the 64oz (½ gallon) of Gatorade into a pitcher and chill in the refrigerator.

3

3pm the day prior to your procedure

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

4

Between 5pm and 8pm the day prior to your procedure

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

5

Between 5pm and 8pm the day prior to your procedure

- Drink an 8oz glass of the solution every 5-10 minutes until you have finished drinking **HALF OF THE MIXTURE (32oz).**

*Individual responses to laxatives vary. The prep often works within 30-60 minutes.
Remain close to the toilet, as multiple bowel movements will occur.*

6

10pm the evening prior to your procedure

- Take 2 (5mg) Bisacodyl (Dulcolax) tablets with a glass of water.
*Please note, you will only need 4 tablets total.

THE DAY OF YOUR PROCEDURE

NO FOOD until after your procedure. Drink plenty of water throughout the day to avoid dehydration.
Do not use marijuana (THC products).

7

5 Hours prior to your procedure

- Begin the second half of the preparation solution. Follow the same instructions as the previous night, once again remaining close to the toilet, as multiple bowel movements will occur.
Prep must be completed no later than **3 hours prior to your procedure.*
- After completing the preparation, you may continue a ***Clear Liquid diet** until **3 hours** before your colonoscopy appointment. After that, nothing by mouth until after your exam. **DO NOT** use chewing tobacco, gum, lozenges, candy or breath mints.
- If you regularly take medications in the morning, take it at least **3 hours** before your colonoscopy, with a small amount of water.

You should be passing clear stool.

THE DAY OF THE PROCEDURE

3 Hours before your procedure

- Nothing by mouth
- Nothing to eat or drink until after your procedure
- Do not use chewing tobacco, gum, lozenges, candy or breath mints
- If you take daily medication, you may take it with small sips of water only, at least 3 hours before your procedure
- Do not wear perfume or cologne

ON THE DAY OF YOUR PROCEDURE, PLEASE BRING

- **Insurance card(s)** - you will be asked to present your insurance card(s) at EVERY visit to our office
- **Photo ID** - photo identification is now required by Federal Regulation to prevent identity theft; you will be asked to present photo identification at EVERY visit to our office
- **Inhaler** - we ask that you bring your inhaler if you use one
- **Patient Interview Form** - we ask that you complete this form, which is enclosed in this packet, and bring it with you to your appointment

Please remember a driver needs to check in with you on your procedure day to drive you home after your procedure and assist you with follow up care. This takes approximately 2 hours. You will **not** be able to drive a car, operate any machinery or go to work until the following day.

Failure to bring your completed forms, photo identification, insurance card(s), your co-payment, and a driver may result in your appointment being rescheduled.

If you have any questions or concerns about the preparation, please contact Your Patient Advisor at 800.349.0285 or support@yourpatientadvisor.com.