

## BUY AT A STORE 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: **732.840.0067**

**Special Notes:** If you take blood thinners, your doctor will advise you if they need to be stopped for your procedure.

If you are diabetic, please check with your doctor for helping to manage your blood sugar on your prep day. Do NOT take your diabetic medicine or insulin the day of procedure. Check your blood sugar and bring your diabetic meds to the facility.

### PREP WEEK AT A GLANCE

|                     |  |
|---------------------|--|
| 7 days to procedure | <p><b>Review your prep instructions thoroughly. Review medication changes/restrictions starting today. Purchase prep supplies, 8.3oz bottle of Miralax, Dulcolax tablets, and 2-32oz bottles of Gatorade or 1-64oz bottle of Gatorade- NO RED.</b></p>   |
| 3 days to procedure | <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>  |
| 2 Days to procedure | <p> Continue a low fiber diet. Remember to avoid foods with nuts and seeds.</p> <p>Confirm arrangements with your <b>driver</b>.</p>   |
| 1 day to procedure  | <p><b>NO SOLID FOODS, CLEAR LIQUIDS* ONLY</b> upon rising, until after your procedure.</p> <p><b>Prep at a Glance</b><br/> <b>3:00 pm</b> take 4Dulcolax   <b>5:00 pm</b> take 64oz of prep solution<br/>                 Drink plenty of water and liquids throughout the day to avoid dehydration.<br/> <b>Detailed, step-by-step instructions continue on page 2.</b></p>   |
| Procedure Day       | <p><b>YOU MAY CONTINUE CLEAR LIQUIDS <u>UNTIL 6 HOURS PRIOR</u> TO YOUR PROCEDURE.</b></p> <p><b>NO GUM OR HARD CANDY   YOU MAY BRUSH YOUR TEETH BUT DO NOT SWALLOW.</b><br/> <b>NO PAIN KILLERS, SEDATIVES OR ALCOHOL IN ANY FORM.</b><br/> <b>DETAILED INSTRUCTIONS ON PAGE 2.</b></p> <p><i>*If you take blood pressure, cardiac, seizure and thyroid medication, you may take it with SMALL SIPS OF WATER ONLY, no later than 7 am the day of procedure. DIABETICS – Do NOT take your medicine or insulin the day of procedure. Check your blood sugar and bring your diabetic meds to facility.</i></p> |

| *Clear Liquid Diet Details: <b>NO RED. NO DAIRY</b>  |   |
|--|---|
| <b>Approved</b>  | <b>Avoid</b>  |
| Sprite, Slice, 7up<br>Ginger Ale, Water<br>Popsicles without pulp<br>Chicken broth<br>Gelatin-lemon or lime<br>Tea, coffee with no creamer | No milk/dairy<br>No juices with pulp<br><b>NO RED</b> |



# BUY AT A STORE 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

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

Pour the 2-32oz bottles OR 1 64oz bottle of Gatorade in a pitcher. Put the pitcher in the refrigerator to chill.



Step

2

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

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



Step

3

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

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



Step

4

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

Drink an 8 oz. glass of the solution every 15-30 minutes until you have finished drinking the solution.



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

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

Step

5

**YOU MAY CONTINUE CLEAR LIQUIDS UNTIL 6 HOURS PRIOR TO YOUR PROCEDURE.**

**NO GUM OR HARD CANDY | YOU MAY BRUSH YOUR TEETH BUT DO NOT SWALLOW**

**NO painkillers, sedatives, or alcohol in any form**

You CAN take your blood pressure, cardiac, seizure and thyroid medications by **7:00 AM** the day of the procedure with just enough water to swallow them.

**DIABETICS** – Do NOT take your medicine or insulin the day of the procedure. Check your blood sugar and bring your diabetic meds to facility.

## 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.