




STANDARD BOWEL PREP - PM

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:

626.359.3330 Option 4 (Arcadia) 626.963.2490 Option 4 (Glendora)

Special Notes: SEE PAGE 5 FOR DETAILED MEDICATION INSTRUCTIONS.

7 Days prior to your Procedure Date: _____	3 Days prior to your procedure Date: _____	2 Days prior to your procedure Date: _____	1 Day prior to your procedure Date: _____	Day of Your Procedure Date: _____		
<p>Review your prep instructions thoroughly.</p> <p>STOP: Iron pills because it leaves dark residue inside your colon.</p> <p>STOP: ALL vitamins and supplements because they can leave residues and debris inside you.</p> <p>STOP: Fiber supplements (Metamucil, Benefiber, Citrucel, Psyllium, etc)</p>	 <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, 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>YOU MAY HAVE A FULL BREAKFAST, LIGHT LUNCH, AND LIGHT DINNER THE DAY BEFORE YOUR PROCEDURE. NO SOLID FOODS THE DAY OF YOUR PROCEDURE, CLEAR LIQUIDS* ONLY until after your procedure.</p> <p>A clear liquid diet is necessary for a colonoscopy.</p> <p>Drink plenty of water and liquids throughout the day to avoid dehydration.</p> <p><i>Detailed, step-by-step instructions continue on page 3</i></p>	<p>Prep at a Glance: 6:00AM take 2 Bisacodyl/Dulcolax 6:00AM take 48 oz of prep solution 4 hours prior to your arrival time Drink remaining 16 oz of prep solution</p> <p>Nothing by mouth 2 hours prior to your procedure. NO GUM OR HARD CANDY YOU MAY BRUSH YOUR TEETH BUT DO NOT SWALLOW</p> <p>*If you take daily medications, you may take it with SMALL SIPS OF WATER ONLY, at least 2 hours before your procedure</p>		
<p>*Clear Liquid Diet Details: NO RED or PURPLE. NO DIARY</p> <table style="width: 100%;"> <tr> <td style="width: 50%; vertical-align: top;"> <p>Approved: Sodas, Coffee, tea, clear juices, fitness waters, Popsicles without pulp; Chicken, Vegetable, Beef Broth; Gelatin</p> </td> <td style="width: 50%; vertical-align: top;"> <p>Avoid: No milk/diary No juices with pulp NO RED or PURPLE</p> </td> </tr> </table>			<p>Approved: Sodas, Coffee, tea, clear juices, fitness waters, Popsicles without pulp; Chicken, Vegetable, Beef Broth; Gelatin</p>	<p>Avoid: No milk/diary No juices with pulp NO RED or PURPLE</p>		
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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 or low 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 weight 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.

What is considered a light lunch and light dinner?

Eating a light meal, whether for lunch or for dinner, means consuming foods that are easily digested and don't sit heavily in your stomach. Some examples of light foods would be soups, sandwiches, chicken, and rice. It is best to avoid red meat since it is harder to digest.

STANDARD BOWEL PREP - PM

Prep Day: The day before your procedure

YOU MAY HAVE A FULL BREAKFAST IN THE MORNING, A LIGHT LUNCH AND A LIGHT DINNER THE DAY BEFORE YOUR PROCEDURE. **CLEAR LIQUID DIET BEGINS THE DAY OF YOUR PROCEDURE.** Drink plenty of water throughout the day before and the day of your procedure to avoid dehydration.

IMPORTANT NOTE: STEP 1 IS ONLY IF YOU PURCHASED THE KIT FROM INSITE DIGESTIVE (THE OFFICE)

1

- **The evening** the day prior to your procedure
- Mix the two packets of drink mix powder with 64 oz. (1/2 gallon) of water and chill in the refrigerator.



2

- **The evening** the day prior to your procedure
- Mix together the **ENTIRE BOTTLE** (8.3oz/238g) of Polyethylene Glycol 3350 (Miralax) with 64 oz of chilled drink mix.



Prep Day: The day of your procedure

3

- **6:00 AM** the the day of your procedure
- Take 2 (5mg) Bisacodyl/Dulcolax tablets with a glass of water.
- **Please note you will only need 2 tablets total**



4

- **6:00 AM** the morning of your procedure
- Drink an 8 oz. glass of the solution every 15-20 minutes until you have finished drinking **2/3 OF THE MIXTURE (48 oz.)**
- **Individual responses to laxatives vary. This preparation will cause multiple bowel movements, stay close to a bathroom.**



5

- **4 hours prior to your arrival time the morning of your procedure**
- Drink the **REMAINDER OF THE MIXTURE (16 OZ)** Drink an 8 oz. glass of the solution every 15-20 minutes **until gone**. You must finish the entire prep, even if your bowels are already clear



THE DAY OF YOUR PROCEDURE

2 HOURS PRIOR TO THE PROCEDURE:

- NO food or liquids by mouth, except sips of water needed to take your medication.
- **Take your usual medications that you normally take the morning of the exam, except the ones we have instructed you to hold.**

ADDITIONAL IMPORTANT INFORMATION

- **IT IS ESSENTIAL THAT A RESPONSIBLE ADULT DRIVES YOU HOME FROM THE EXAM. YOU CANNOT RIDE HOME ON A BUS, TAKE A TAXI, OR WALK HOME BY YOURSELF.**
- Bring with you your insurance card and the pamphlet about your rights and responsibilities as a patient to your procedure.
- Wear comfortable clothing and socks to keep your feet warm.
- Do **not** wear jewelry, tight belts, pantyhose, cologne or perfume.
- Leave money and other valuables at home.
- Your judgement and reflexes may be impaired due to the sedatives you will receive. You will not be able to drive, operate machinery, sign legal documents, drink alcoholic beverages, or go to work until the following day.
- If you take prescription blood pressure, heart, lung, seizure, (narcotic) pain or psychiatric medication daily, please take your daily dose(s) as prescribed with a sip of water, including your procedure day.

If you have any questions or concerns about the preparation or have any medical questions please contact one of our offices at:

Arcadia Office: 626.359.3330 Option 4

Glendora Office: 626.963.2490 Option 4

MEDICATION RESTRICTION INFORMATION

SPECIAL NOTE: Please make sure you have obtained permission from your cardiologist or internist to hold these drugs. If you have a coronary stent or other important condition, stopping these drugs could lead to serious consequences.

- If you take **aspirin** on a daily basis, for medical reasons, please continue taking it.
- If you take **Plavix**, please continue taking it. *
- If you take **Coumadin or Warfarin**, please hold for **3 days** prior to your procedure. *
- If you take **Pradaxa, Xarelto or Eliquis**, please hold for **2 days** prior to your procedure. *
- If you take any other blood thinner, please make sure you get specific dosing instructions from your prescribing physician.
- If your blood thinner anticoagulation prescription is managed by a Coumadin clinic, please inform them of your planned procedure and ask for advice.
- Tylenol (acetaminophen) is fine to use, as needed.

COLONOSCOPY PREPARATION SHOPPING LIST

- 64 oz. Bottle of Gatorade (No Red or Purple)



- 4 Dulcolax Tablets (5 mg of the overnight relief)
 - Generic: Bisacodyl 5mg



- (1) 8.3 oz. (238 g) bottle of Miralax
 - Generic: Polyethylene Glycol 3350



Preparation Kits are also available to purchase at the office for \$25