

Standard Bowel Prep 2.0

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**

Monday-Thursday 5 AM – 8 PM | Friday 5 AM – 5 PM | Saturday 8 AM – 4 PM | Sunday 10 AM – 6 PM

14 days prior to Procedure	<p>Two (2) weeks prior to your procedure, contact our office immediately at (775) 329-4600 if you have any of the following medical conditions and have not discussed them with us:</p> <ul style="list-style-type: none"> • You take ANY medications that prevent your blood from clotting <ul style="list-style-type: none"> ◦ I.E. Coumadin (Warfarin, Jantoven), Plavix (Clopidogrel), Dabigatran (Pradaxa), Prasugrel (Effient), Xarelto (Rivaroxaban) • You have chest pain or shortness of breath with exertion • You have seizures • You are currently undergoing evaluation of a heart condition • You have a history of kidney disease OR dialysis treatment
7 days prior to Procedure	<p style="color: red;">Review your prep instructions thoroughly and make sure you have a driver for your procedure, or a responsible adult with you if utilizing a ride service.</p> <p style="color: red;">SEE PAGE 3 FOR GENERAL INFORMATION</p>
5 days prior to Procedure	<p style="background-color: #FFFF00; padding: 2px;">Purchase clear liquid diet options</p>
2 days prior to Procedure	<p>STOP eating beans, corn, tomatoes, cucumbers, nuts, or foods containing seeds until after the procedure</p> <p>Complete all medical forms</p>
2 DAYS PRIOR	<p>9:00 AM Drink 1 oz. (2 tablespoons) of Milk of Magnesia</p>
1 day prior to procedure	<p style="color: red;">NO SOLID FOODS TODAY. CLEAR LIQUIDS ONLY.</p> <p style="color: red;">Drink plenty of water throughout the day.</p>
Procedure Day	<p style="color: red;">NO GUM, HARD CANDY, CHEWING TOBACCO, OR ILLICIT DRUG USE</p> <p style="color: red;">If you take daily medication for blood pressure, seizures, pain, or anxiety, please take it with small sips of water only, at least four (4) hours prior to your procedure.</p>



*Clear Liquid Diet Details: NO RED OR PURPLE. NO DAIRY	
Approved	Avoid
<ul style="list-style-type: none"> • Sodas, tea, black coffee ONLY • Clear juices, fitness waters • Chicken, vegetable & beef broth • Gelatin • Popsicles without pulp 	<ul style="list-style-type: none"> • No dark sodas • No milk/dairy/creamer • No juices with pulp • Popsicles with pulp • NO RED OR PURPLE



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TIME TO DRINK THE PREP

1 DAY
PRIOR

3:00 PM the day prior to your procedure
Mix the two (2) packets of drink mix powder (Gatorade) with 64 oz. (1/2 gallon) of water and chill in the refrigerator.



1 DAY
PRIOR

3:00 PM the day prior to your procedure
Take two (2) Bisacodyl tablets (5mg) with a glass of water.



1 DAY
PRIOR

5:00 PM the evening prior to your procedure
Mix the **ENTIRE BOTTLE** (8.3oz/238g) of Polyethylene Glycol 3350 with **64 oz.** of chilled drink mix (Gatorade)

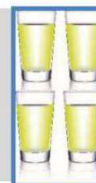


Individual responses to laxatives vary. This preparation will cause multiple bowel movements, stay close to a bathroom.

1 DAY
PRIOR

5:00 PM the evening prior to your procedure
Drink an eight (8) oz. glass of the solution every 15 minutes until you have finished drinking **HALF (1/2) OF THE MIXTURE (32 oz.)**.

***Must complete this step no later than 8:00 PM**



1 DAY
PRIOR

8:00 PM Drink 1 oz. (2 tablespoons) of Milk of Magnesia



1 DAY
PRIOR

9:00 PM the evening prior to your procedure
Chew the **ez2go Zero 1-tablet (80 mg)** and drink two (2) oz. of water (or 125 mg if purchasing your own prep).



1 DAY
PRIOR

10:00 PM the evening prior to your procedure
Chew the **ez2go Zero 1-tablet (80 mg)** and drink two (2) oz. of water (or 125 mg if purchasing your own prep).



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The day of your procedure

**COLON
DAY!**

The morning of your procedure:

- Drink the **OTHER HALF (1/2) OF THE MIXTURE (32 oz.)**
- Drink an eight (8) oz. glass of the solution every 15 minutes **until gone.**
- **You must finish the entire prep, even if your bowels are already clear.**
- **FINISH NO LATER THAN SIX (6) HOURS PRIOR TO YOUR PROCEDURE**



- **NO SOLID FOOD PRIOR TO PROCEDURE AND Nothing to eat or drink, including water four (4) hours prior to your procedure**
- **NO GUM, HARD CANDY, CHEWING TOBACCO, OR ILLICIT DRUG USE (including marijuana).**
- **If you take daily medication for blood pressure, seizures, pain, or anxiety please take it with small sips of water only, at least four (4) hours prior to your procedure.**

GENERAL INFORMATION:

Please comply with the following instructions listed below:

1. **If you use oxygen, please bring your tank with you.**
2. **Bring all completed forms from your packet.**
3. **YOU WILL NEED A RESPONSIBLE DRIVER TO TAKE YOU HOME.**
 - Due to the sedation given for your procedure, you cannot drive for the remainder of the day.
 - If you choose to take a ride service, you **MUST** be accompanied by a responsible adult.
 - **IF YOU DO NOT HAVE A DRIVER, YOUR PROCEDURE WILL BE CANCELLED.**
 - **ALL RIDES MUST BE AT THE FACILITY BY 3:30PM.**
4. Bring in your insurance cards and a photo ID, such as a drivers license so that we may assist you in billing for our services.
 - **All co-pays, co-insurances, and deductibles are due at time of service.**
 - **Please be prepared to pay these fees on the day of your procedure.**
5. Leave all jewelry and personal valuables at home.
6. Bring any reading glasses and/or hearing aids to your procedure.
7. **Bring your inhalers if you use them.**
8. Contact Information: If you are coming from out of town or staying at a place other than your main residence, please call our office and leave a number where you will be staying in case we need to contact you.



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Bowel Preparation 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. You should be able to see to the bottom of the toilet bowl. Clear yellow or green is preferred.

I am not having bowel movements; What should I do?

Bowel movements can take up to 5-6 hours after starting the preparation. Be patient and continue to drink liquids. If you have not had a bowel movement by **11:00pm** the night prior to your procedure, please purchase one (1) bottle of Magnesium Citrate. Please ensure you finish the entire bottle with a large glass of water, at minimum of four (4) hours prior to your procedures. You will still be required to complete your other half (1/2) of your preparation the morning of your procedure. If you have any questions, please call your physician's office as early as 8:00am.

The preparation is making me nauseous; What should I do?

If you develop nausea or vomiting, slow down the rate at which you drink the preparation. Please attempt to drink all 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, 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 preparation.

If I eat popcorn or seeds two (2) 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 volume of seeds or nuts, you may want to contact the nurse or physician.

Can I drink ALCOHOL on the liquid diet or use illicit drugs while prepping?

Alcohol is **not** allowed as part of the liquid diet. **Illicit drugs could interfere with sedation medication and is not safe.**

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 I take it all the night before?

A split preparation has proven to be the most effective for a successful colonoscopy. It is essential that you follow the instructions provided with your preparation.

Who can drive me home after my procedure?

Any responsible adult with a valid driver's license can drive you home. If you are using a ride service, you must have a responsible adult with you to take responsibility for you and sign you out of our office.

