

## CONSTIPATED 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**

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

### PREP WEEK AT A GLANCE

<b>14 days to procedure</b>	<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"> <li>• You take ANY medications that prevent your blood from clotting             <ul style="list-style-type: none"> <li>○ I.E. Coumadin (Warfarin, Jantoven), Plavix, dabigatran (Pradaxa), prasugrel(Effient), Xarelto (Rivaroxaban)</li> </ul> </li> <li>• You have chest pain or shortness of breath with exertion</li> <li>• You have seizures</li> <li>• You are currently undergoing evaluation of a heart condition</li> <li>• You have a history of kidney disease OR dialysis treatment</li> </ul>
<b>7 days to procedure</b>	<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>Purchase clear liquid diet options  <span style="color: red;">SEE PAGE 3 FOR GENERAL INFORMATION</span></p>
<b>2 Days to procedure</b>	<p><b>STOP</b> eating beans, corn, tomatoes, cucumbers, nuts or foods containing seeds until after the procedure. Complete all medical forms</p> <p><b>Prep at a Glance</b>  <b>6:00 PM</b> Drink Magnesium Citrate Powder <span style="color: red;">**If you have Congestive Heart Failure or Renal Failure DO NOT DRINK!</span>  <b>Detailed, step-by-step instructions continue on page 2.</b></p>
<b>1 day to procedure</b>	<p><span style="color: red;"><b>NO SOLID FOODS, CLEAR LIQUIDS* ONLY</b></span> upon rising, until after your procedure.</p> <p><b>Prep at a Glance</b>  <b>3:00 pm</b> take 2 bisacodyl   <b>5:00 pm</b> take 32oz of prep solution   <b>8:00 pm</b> take 2 bisacodyl  <b>9:00 pm</b> take simethicone   <b>10:00 pm</b> take simethicone          Drink plenty of water and liquids throughout the day to avoid dehydration.  <b>Detailed, step-by-step instructions continue on page 2.</b></p>
<b>Procedure Day</b>	<p><b>Morning of procedure</b> Drink remaining 32oz of prep solution. Nothing by mouth <b>4 hours prior</b> to your procedure.  <span style="color: red;"><b>NO GUM OR HARD CANDY, OR ILLICIT DRUG USE (INCLUDING MARIJUANA)   YOU MAY BRUSH YOUR TEETH BUT DO NOT SWALLOW</b></span>  <span style="color: red;">*If you take daily medication, you may take it with SMALL SIPS OF WATER ONLY, at least 4 hours before your procedure.</span></p>

**\*Clear Liquid Diet Details: NO RED or PURPLE. NO DAIRY**

**Approved**

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

**Avoid**

- No juices with pulp
- No dark sodas
- No milk/dairy/creamer
- No popsicles with pulp
- No RED or Purple



## CONSTIPATED BOWEL PREP

**Prep Day: 2 days before your procedure.**

Step  
**1**

**6:00 PM** two (2) days prior to your procedure

Mix the entire packet (16g) of Magnesium Citrate powder with 10 oz. of room temperature water, stir thoroughly for 2 minutes and drink the entire glass. You may mix it with Sprite, 7-up or Ginger Ale. There may be a small amount of residual left at the bottom of the glass.

**\*\*If you have Congestive Heart Failure or have Kidney-Renal Failure DO NOT drink**



**Prep Day: 1 day before your procedure.**

**No solid foods today. Clear liquids only.**

Step  
**2**

**3:00 PM** 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.



Step  
**3**

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

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



Step  
**4**

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

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

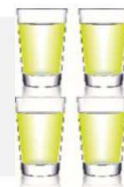


Step  
**5**

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

Drink an 8 oz. glass of the solution every 15 minutes until you have finished drinking **HALF OF THE MIXTURE (32 oz.)**.

**\*\*Must complete no later than 8PM**



*Individual responses to laxatives vary.*

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

Step  
**6**

**8:00 PM** the evening prior to your procedure

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



Step  
**7**

**9:00 PM** the evening prior to your procedure

Chew the **ez2go Zero 80 mg** tablet and drink 2 oz. of water



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Step  
8

**10:00 PM** the evening prior to your procedure

Chew the **ez2go Zero 80 mg** tablet and drink 2 oz. of water



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

Step  
9

the morning of your procedure

Drink the **OTHER HALF OF THE MIXTURE (32 oz.)** Drink an 8 oz. glass of the solution every 15-30 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 by mouth four (4) hours prior to your procedure NO GUM OR HARD CANDY AND NO CHEWING TOBACCO, OR ILLICIT DRUG USE (including marijuana)**

**If you take daily medication such as blood pressure medication, 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. **Bring all completed forms from your packet.**
2. **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 taxi, you **MUST** be accompanied by a responsible adult.
3. Bring in your insurance cards and a photo ID, such as a driver's 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.**
4. Leave all jewelry and personal valuables at home.
5. Bring any reading glasses and/or hearing aids to your procedure.
6. **Bring your inhalers if you use them.**
7. 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



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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 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 2<sup>nd</sup> 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.

