



# Colonoscopy Bowel Preparation Instructions

## GATORADE® / MiraLAX®

**IMPORTANT** If the bowel is not clean when you arrive to the procedures unit, rather than giving you an incomplete and poor examination, your procedure will need to be rescheduled.

**PLAN AHEAD** Purchase prep items listed on page 2 ahead of time. No prescriptions needed.

- A good bowel preparation (a “clean colon”) is essential for the detection of colon cancer, colon polyps or other colon findings.
- Please be aware that every procedure is unique, and delays may occur which can affect your procedure’s scheduled start time. Your physician is always dedicated to ensuring the same quality care for every patient, so please be patient on your procedure day if any such delays do occur.
- Please call the office if you were hospitalized or diagnosed with a new medical condition (especially involving the brain, heart, or lungs) in between your last clinic visit and the date of your procedure. Your physician may need to reassess your health status prior to proceeding with your procedure for your safety.
- To ensure a successful procedure, please follow all instructions provided below. Failure to comply with these instructions may cause your procedure to be canceled or delayed due to increased risk of potentially life-threatening complications from poor bowel preparation.

### TRANSPORTATION:

- You will be sedated during your procedure for your comfort. You will need to arrange to have a friend or family member accompany you home after your procedure, as you will still be drowsy, and it is unsafe to drive. The medical procedure staff must be able to contact whoever will accompany you. If this person cannot be confirmed prior to the procedure, your procedure will be rescheduled for your safety.
- You should not drive a car, operate machinery, or make any legal decisions until the day after your procedure.
- Ride share services like Uber/Lyft and Taxis are NOT an acceptable form of transportation unless you have someone accompany you.

## TRANSPORTATION: (CONTINUED)

- You may utilize a non-emergency medical transport company providing “door-to-door” service. Door-to-door transport service provides assistance entering and exiting the vehicle and ensuring safe arrival inside their destination. Please bring the medical transport contact information with you on the day of your procedure. Procedure Unit staff must be able to confirm this transportation upon admission, or your procedure may be canceled. You can call your insurance to find out about what options are available to you.

## INSTRUCTIONS FOR TAKING MEDICATION AND PREPARING FOR MY PROCEDURE:

### 14 DAYS PRIOR

- Stop taking the following Erectile Dysfunction medications: **Viagra®**, **Cialis®**, **Stendra®**, **Levitra®**

### 7 DAYS PRIOR

- If you take **Aspirin or NSAIDs, such as Advil®, Motrin®, Celebrex®, or Ibuprofen**, you may continue to take them as usual or ask your health care provider for specific instructions.
- If you take a blood thinner, such as **Plavix®, Pradaxa®, Clopidogrel®, Coumadin®, Xarelto®, Eliquis®, Warfarin, Effient®, Prasugrel®, or Lovenox®**, ask your health care provider for specific instructions.
- Stop taking **Phentermine (Adipex-P®, Lomaira™, Fastin®, Phentercot®)** and **Phentermine and Topiramate (Qsymia®)**. These are weight loss medications.
- If you take **Semaglutide (Ozempic®, Rybelsus®, Wegovy®), Dulaglutide (Trulicity) or Tirzepatide (Mounjaro®)** once a week, stop taking it a week before your procedure.

### 4 DAYS PRIOR

- Stop taking the following diabetic/weight loss medications: **Exenatide (Byetta®, Bydureon®), Liraglutide (Saxenda®, Victoza®), Ertugliflozin (Steglatro®), and various Metformin combinations (Invokamet®, Invokamet® XR, Synjardy®, Synjardy® XR, Xigduo® XR, Segluromet™). Sitagliptin (Steglujan®), Empagliflozin (Jardiance®), Dapagliflozin (Farxiga®), Canagliflozin (Invokana®), Saxagliptin (Qtern®), and Linagliptin (Glyzambi®).**

### 1 DAY PRIOR

- Stop taking all medications** unless specifically advised by your provider.

## PLAN AHEAD: THINGS TO BUY OVER THE COUNTER:

- Ten, 5mg Dulcolax® tablets
- One, 8.3 oz. bottle of MiraLAX® powder
- Two, 64 oz. of Gatorade® (no red or purple)
- Gas-X®, Vaseline®, Tucks®, or baby wipes.

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☐ **3 DAYS PRIOR** to your procedure, eat a **LOW RESIDUE DIET**.

A low-residue diet limits high-fiber food.

HIGH-FIBER FOODS TO AVOID INCLUDE:

- Whole grain breads and cereals, granola
- Nuts, seeds, raw and dried fruits, and vegetables especially corn (NO salads)
- Brown or wild rice, oats, kasha, barley, quinoa, granola
- Beverages with pulp (prune juice)
- Nutritional supplements that contain fiber
- Pepper, beans, popcorn

FOODS YOU MAY EAT INCLUDE:

- Cream of wheat/grits, white rice, and refined pastas/noodles
- Cooked fresh/canned vegetables
- Vegetables without seeds including asparagus, beets, carrots, mushrooms, green beans, and potatoes without skin
- Bananas, soft cantaloupe, honeydew, avocado
- Chicken, fish, beef, pork, tofu, eggs
- Margarine, butters/oils, smooth sauces, and dressings
- Cakes, cookies, pudding, ice cream without nuts or seeds
- Hard candy, popsicles, yogurt, and cheese



☐ **1 DAY PRIOR** to your procedure, drink only a **CLEAR LIQUID DIET**.

This means NO solid foods. A clear liquid diet consists only of liquids that you would be able to read a newspaper through. CLEAR LIQUID DIET INCLUDES:

- Water, mineral water
- Clear fruit juices without pulp (apple, white grape, white cranberry, lemonade, etc)
- Clear carbonated and non-carbonated soft drinks or sports drinks like Gatorade®. Avoid zero-calorie or diet drinks.
- Store-bought, >99% fat-free broth (chicken, beef, vegetable, or bone broth)
- Popsicles or gelatin (such as Jell-O®)
- Coffee or tea (limit to 1 serving in the AM, without milk or cream)
- Clear protein drinks (Ensure Clear® and/or Premier Protein Clear®)
- If diabetic or sugar-conscious, Pedialyte® and coconut water have less sugar

**Avoid: Purple, orange, pink, and red colored fluids**

**IMPORTANT** If the bowel is not clean when you arrive to the procedures unit, rather than giving you an incomplete and poor examination, your procedure will need to be rescheduled.



☐ **1 DAY PRIOR** to your procedure- **BOWEL PREPARATION:**

*(Please note that sometimes your physician may recommend being on clear liquids starting two days before the procedure)*

- **Around 12 PM** - Take two tablets of Dulcolax® with 2 large glasses of clear liquids.
- **Around 4 PM** - Take two tablets of Dulcolax®.
- **Around 5 PM** - Mix one 64-oz bottle of Gatorade (no red or purple) with half the bottle of Miralax® powder, and drink within 30 minutes along with five or more 8-oz cups of clear liquids within 3 hours.
- **Around 7 PM** - Take two tablets of Dulcolax® and chew 2 Gas-X® tablets.
- **Around 10 PM** - Take two tablets of Dulcolax®.
- **Around 11 PM** - Mix one 64-oz bottle of Gatorade (no red or purple) with the remaining half bottle of Miralax® powder, and drink within 30 minutes with five or more 8-oz cups of clear liquids within 3 hours. Continue to drink clear liquids **until 2 AM the day of your procedure.**
- **Around 12:30 AM (the day of your procedure)** - Take two tablets of Dulcolax® and chew 2 Gas-X® tablets.

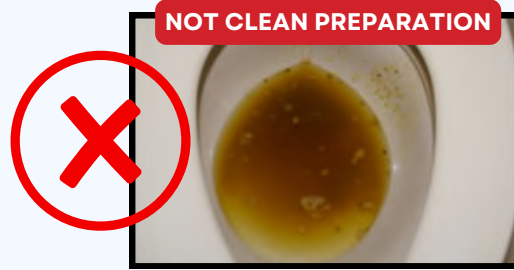
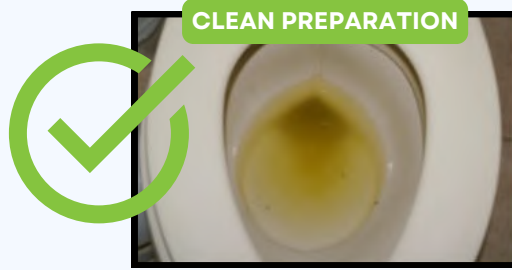
**DO NOT DRINK ANY LIQUIDS AFTER 2 AM THE DAY OF YOUR PROCEDURE.**

Hydration is important and is part of the prep. Stay hydrated with at least 12 tall glasses (about 8-10 ounces each) of clear liquids throughout the day in addition to what you drink with your bowel prep medication to prevent dehydration.

### TIPS AND EXPECTATIONS:

- You will develop significant diarrhea after drinking the preparation. Plan to be near a bathroom. This is normal as it means the medication is working to clear stool from your colon.
- Most people feel mild bloating and abdominal cramps. This is normal. Drinking the prep medication more slowly and over a longer period of time can help alleviate these symptoms.
- Staying mobile and walking in between each glass of bowel cleanse can help with the bloating
- Over the counter Gas-X® can be taken every 4-6 hours as needed for bloating and gas
- Apply Vaseline® to the anal area and its surrounding area before the first bowel movement to prevent irritation.
- A successful colon prep will cause you to have clear yellow (“tea-colored”) liquid stools.
- Use Tucks® or a baby wipe to gently clean the anal area after bowel movements. Avoid using toilet tissue because it can irritate the skin after repeated use.
- Please finish your preparation regardless of your stool color.
- Wear comfortable clothing on the day of the procedure, and please leave all your valuables at home.
- **If your insurance doesn't cover it or you have a high co-pay, please call our office ASAP or at least one week before your scheduled procedure at (832) 707-5011.**

## PREPERATION:



## WHAT IS A COLONOSCOPY AND WHAT CAN I EXPECT DURING A COLONOSCOPY?

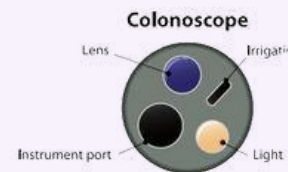
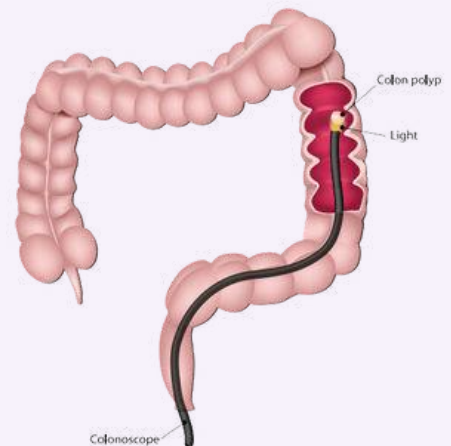
A colonoscopy is a procedure that allows your doctor to examine the inside of your lower digestive tract, also known as your colon and rectum. The procedure uses a colonoscope which is a long flexible tube with a light and camera at the end to examine the inside lining of the colon. The doctor performing the test can find and remove precancerous polyps during the procedure and is the most preventive exam for colon cancer.

The day before the exam, you will start a bowel prep to empty and clean your colon. The bowel prep is a strong laxative and a liquid diet. Following the directions of the bowel prep is essential as this allows the doctor to detect polyps and other abnormalities during the colonoscopy.

A colonoscopy is performed in a hospital or ambulatory surgical center. Before the procedure starts, you will be given anesthesia through an IV to make you comfortable during the exam. Then, the doctor will carefully insert the colonoscope into the rectum and guide it through the entire colon.

Your doctor will take pictures, may remove polyps, or take biopsies (a sample of tissue) during the exam. These polyps or biopsies will be sent to the pathology lab for further testing.

A colonoscopy usually takes 15-30 minutes to complete. Risks of colonoscopy include bleeding, infection, and perforation. However, complications only occur in 0.1% of colonoscopies.



## AFTER YOUR COLONOSCOPY:

You will recover in the post-procedure unit where our nursing staff will monitor you. Once it is felt safe, you will be able to leave with your driver/escort. You will receive a printed copy of your colonoscopy results for your own records and discharge instructions from our nursing staff. Once home, you may resume your normal diet and medications as instructed. If there are any samples taken during your procedure, a follow-up office visit should be scheduled about 1-2 weeks after your procedure. If you do not have a scheduled appointment, you should call the office to make an appointment for a post-procedure visit to discuss the results and further management.

# Colonoscopy Procedure Locations

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*Please scan the QR code to find a detailed list of procedure locations, including the physical address and phone number for your scheduled procedure location.*

## Your Appointment

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Procedure Location:	<input type="text"/>		
Physician Name:	<input type="text"/>		
Procedure Date:	<input type="text"/>	Time:*	<input type="text"/>
Follow up Appointment:	<input type="text"/>	Time	<input type="text"/>

*\*Surgery Center will call you the day before your procedure and provide time.*