

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 physician's office at: (334) 747-2273.

Special Notes:

- Please notify the office if you have a DEFIBRILLATOR.
- Please see page 4 for detailed instructions regarding medication restrictions.

5 days prior to procedure	3 days prior to procedure	2 days prior to procedure	1 day prior to procedure	Day of procedure
STOP: • ALL aspirin and nonsteroidal anti-inflammatory agents such as Motrin, Aleve, Goodies, Stanback, BC, Mobic, Celebrex, etc. 5 days prior to your procedure. • Tylenol (and other brands of Acetaminophen) is safe to consume before the test. If you cannot find Magnesium Citrate in the store, you can substitute with 2 Dulcolax tablets.	STOP eating any raw vegetables or vegetables containing seeds, corn, popcorn, nuts, and seeds and stop any fiber supplements until after the procedure. Purchase clear liquid diet items, ointment, reading material, etc.	Continue a low fiber diet. Remember to avoid foods with nuts and seeds. Confirm arrangements with your driver. STOP: iron 2 days prior to your procedure.	NO SOLID FOODS, CLEAR LIQUIDS* ONLY upon rising and until after your procedure. A clear liquid diet is necessary for a colonoscopy. Prep at a Glance 1:00 p.m. Drink 10oz of Magnesium Citrate 3:00 p.m. Take 2 Dulcolax tablets 5:00 p.m. Drink 32 oz of prep solution 8:00 p.m. Take 2 Dulcolax tablets Detailed step-by-step instructions continue on page 3.	Drink remaining 32 oz of prep solution. Nothing by mouth 4 hours prior to your procedure. NO GUM OR HARD CANDY YOU MAY BRUSH YOUR TEETH BUT DO NOT SWALLOW *If you take daily blood pressure medication, you may take it with a SMALL SIP OF WATER ONLY, at least 4 hours before your procedure.

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

 Approved	 Avoid
Sodas, coffee, tea Clear juices, fitness waters Popsicles without pulp, Gelatin Chicken, vegetable and beef broth	Milk/dairy/creamers Juices with pulp RED, PURPLE or ORANGE

Standard Bowel Prep Frequently Ask 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, 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 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 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.

Standard Bowel Prep The Day Before Your Procedure

The Day Before Your Procedure

No solid foods upon rising, until after your procedure. It is very important to drink plenty of water and other clear liquids during your preparation to avoid dehydration and to flush the bowel. Drink one 8 oz glass of water or another clear liquid every hour that you are awake.

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

1

1:00 p.m.

The day prior to your procedure

Drink the entire bottle of Magnesium Citrate. You may mix with Sprite, 7-Up or Ginger Ale.

If you have Congestive Heart Failure or Kidney-Renal Failure, DO NOT drink and contact the office for an alternative prep.

If you cannot find Magnesium Citrate in the store, you can substitute with 2 Dulcolax tablets.

2

3:00 p.m.

The day prior to your procedure

Pour the 64 oz (1/2 gallon) of Gatorade into a pitcher and chill in the refrigerator.

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

3

5:00 p.m.

The day prior to your procedure

Mix together the ENTIRE BOTTLE (8.3 oz/ 238 g) of MiraLAX with 64 oz of chilled Gatorade.

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

4

8:00 p.m.

The evening prior to your procedure

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

Standard Bowel Prep The Day of the Procedure

5

The morning of your procedure

Drink the OTHER HALF OF THE MIXTURE (32 oz).

Drink an 8 oz glass of the solution every 15 minutes until gone. You must finish the ENTIRE prep, even if your bowels are already clear.

*You should finish drinking your prep NO LATER than 4 hours prior to your scheduled procedure.

- DO NOT have anything by mouth 4 hours prior to your procedure (this includes water, gum, candy, chewing tobacco, snuff or food items).
- EXCEPTION: take your blood pressure medications, heart medications, or seizure medications as prescribed with a small sip of water 4 hours prior to your procedure.
- You must arrange to have a responsible adult (aged 18 years or older) bring you to your appointment, remain in the waiting area during the procedure, and drive you home afterwards. You are not allowed to drive, take a bus or taxi, or leave the facility alone.
- Please contact your primary care physician for instructions on managing your diabetic medication.
- Hold all insulin and oral medications the day of your procedure. See list for GLP-1.
- Please leave all jewelry and valuables at home, as we do not provide a secure area for these items.

If you have any questions or concerns about the preparation, please contact our office at (334) 747-2273.

MEDICATION RESTRICTION INFORMATION

SPECIAL NOTE: Please contact the prescribing physician to confirm it is okay to stop these medications for the recommended number of days prior to your procedure. If you have not been given permission to stop the drug, contact Baptist Medical Center East - Endoscopy at (334) 747-8120, option 6.

Adlyxin	Day of Procedure
Byetta	Day of Procedure
Rybelsus	Day of Procedure
Saxenda	Day of Procedure
Victoza	Day of Procedure
Xarelto (Rivaroxaban)	2 days
Pradaxa (Dabigatran)	2 days
Eliquis (Apixaban)	2 days
Aggrenox	4 days
Aspirin	5 days

Bydureon	7 days
Mounjaro	7 days
Ozempic	7 days
Trulicity	7 days
Wegovy	7 days
Plavix (Clopidogrel)	5 days
Brilanta (Ticagrelor)	5 days
Coumadin (Warfarin)	7 days
Effient (Prasugrel)	7 days
All GLP1	7 days