

2 DAY BOWEL PREP - CONSTIPATION

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 6 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. Confirm arrangements with your driver.	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 10 oz 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 STOP: Iron 2 days prior to your procedure.	CONTINUE A CLEAR LIQUID* DIET until after your procedure. Prep at a Glance 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 continued on page 3.	Drink remaining 32 oz of prep solution. Nothing by mouth 4 hours prior to your procedure. 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

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.

2 DAY BOWEL PREP - CONSTIPATION TWO DAYS PRIOR TO YOUR PROCEDURE

Prep Day: Two days 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.

1

1:00 p.m.

Two days prior to your procedure

Drink the entire bottle of Magnesium Citrate. You may mix it 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 alternative prep instructions.

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

2

3:00 p.m.

Two days prior to your procedure

Pour the 32 oz (1/4 gallon) of Gatorade into a pitcher and chill in the refrigerator.

3

3:00 p.m.

Two days prior to your procedure

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

4

5:00 p.m.

Two days prior to your procedure

Mix together 7 capfuls (17 g per capful) from the FIRST BOTTLE of MiraLAX with 12 oz of chilled Gatorade.

5

5:00 p.m.

Two days prior to your procedure

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

6

8:00 p.m.

Two days prior to your procedure

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

2 DAY BOWEL PREP - CONSTIPATION THE DAY BEFORE YOUR PROCEDURE

Prep Day: The day before your procedure

Continue a clear liquid diet 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.

7

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.

8

3:00 p.m.

The day prior to your procedure

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

9

5:00 p.m.

The day prior to your procedure

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

10

5:00 p.m.

The day 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)

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

11

8:00 p.m.

The evening prior to your procedure

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

2 DAY BOWEL PREP - CONTSIPATION

THE DAY OF THE PROCEDURE

THE DAY OF THE PROCEDURE

Prep Day: The day of your procedure

Continue a clear liquid diet until after your procedure.

12

The day prior to 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.

- You are on a clear liquid diet up to 4 hours before your 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 leave all jewelry and valuables at home, as we do not provide a secure area for these items.
- Please call your Primary Care Doctor for instructions on managing your diabetes medication. Hold all insulin and oral medication the day of your procedure. See the medication restrictions list on page 6.

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

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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 (Rvaroxaban)	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