


# COLONOSCOPY INSTRUCTIONS FOR 2 DAY GALLON PREP

If you have a history of constipation (move your bowels 2-3 times weekly) you may need additional bowel prep to help clear your colon. Please contact the intake nurse to discuss prep options. Be prepared once you start drinking the prep, it may take effect at any time.

## STEP 1 7 DAYS BEFORE PROCEDURE

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- Stop taking iron supplements, vitamins containing iron & fat free foods containing Olestra/Olean (i.e. WOW chips). Check food labels.
  - Avoid foods that have seeds, nuts, lettuce, cabbage, corn and beans.
  - Stop fiber supplements.
  - Pick up the prep at the pharmacy. **DO NOT FOLLOW THE INSTRUCTIONS FROM THE PHARMACY. WHILE PICKING UP YOUR PREP AT THE PHARMACY, REMEMBER TO PURCHASE A SMALL BOTTLE OF MIRALAX AND 4 GAS-X TABLETS.**
  - If taking Plavix, Effient, Aggrenox, Coumadin, Eliquis, Pradaxa or any blood thinning medication, please inform our nurse at the time of call. This medication will need to be held prior to the procedure and an order obtained from the prescribing physician.

If diabetic, please contact your primary care doctor regarding instructions for diabetic medication while on the clear liquid diet.

## STEP 2 3 DAYS BEFORE PROCEDURE

Take one dose of Miralax or (generic-glycolax-over the counter) every am until you start your prep (follow instructions on the bottle)

## STEP 3 2 DAY BEFORE PROCEDURE ALL DAY

- **Stay on clear liquid diet the entire day (no solid food on this day) for the next 2 days.**
- Drink 8 ounces of clear liquids every hour starting at 6 AM. This is not the prep solution.
- Mix 1 gallon of prep and put in fridge to cool.
- **Do NOT consume any products containing red dye. No pulp.**

Liquids allowed: Regular or Decaffeinated Tea or Coffee (NO DAIRY PRODUCTS OR DAIRY SUBSTITUTES). Any carbonated beverages. Kool-Aid, Gatorades and sport drinks, 100% Fruit Juices, Jell-O (DO NOT ADD FRUIT, VEGETABLES OR DAIRY PRODUCTS.), Popsicles (Plain, not creamy or fruity) Sugar, Honey, Fat Free Broth or Bouillon. If you are diabetic, you may drink Boost Breeze or Ensure Clear only.. This is a clear liquid, all other Ensures are not allowed.

## STEP 4 2 DAY BEFORE PROCEDURE STARTING AT 6 PM

- Drink 3/4 of prep. Drink 8 ounces every 15 minutes until 3/4 of gallon is gone.
  - If you have trouble drinking the solution, please slow down, we don't want you to throw up prep. It is very important that all the solution is drank and retained.
  - Prep may cause chills after drinking it.
  - Place the remaining prep solution in back in the fridge.
- AT 9 PM** • Take 2 GAS-X (simethicone) anti-gas chewable or soft gels with 8oz of clear liquid. The simethicone medication reduces bubble formation in your colon and improves exam quality.
- AT 10 PM** • Take 2 additional GAS-X (simethicone) doses with 8oz of clear liquid.

## STEP 5 1 DAY BEFORE PROCEDURE STARTING AT NOON

- Starting at noon, drink the remainder of the first gallon. Drink 8 ounces every 15 minutes until prep is gone.
- Mix up the second gallon of prep and put in fridge to cool.

## STEP 6 1 DAY BEFORE PROCEDURE STARTING AT 6 PM

- Drink 3/4 of prep. Drink 8 ounces every 15 minutes until 3/4 of gallon is gone.
- If you have trouble drinking the solution, please slow down, we don't want you to throw up prep. It is very important that all the solution is drank and retained.
- Prep may cause chills after drinking it.
- Place the remaining prep solution in back in the fridge.

## STEP 7 DAY OF PROCEDURE

- 5 hours before your colonoscopy is scheduled, drink the remainder of the prep. Drink 8 ounces every 15 minutes.
- If you had trouble drinking the prep the night before, please start drinking the prep 6 hours prior to the procedure. It is important to drink the second dose on the day of your procedure as it cleans out your colon better and will help us to identify polyps. **PLEASE MAKE SURE YOU ARE LOOKING AT EVERY STOOL.** Stools should appear watery clear to yellow in color with no sediment.
- **4 HOURS BEFORE YOUR PROCEDURE, DO NOT DRINK ANY FURTHER FLUIDS.**
- 2 hours before your procedure, take heart and blood pressure medication with a small sip of water except blood thinners. Hold as prescribed by your physician..
- Please do not apply lotions, perfumes or cologne the morning of your procedure.
- **Females may be required to do a urine pregnancy test prior to the procedure. Please inquire (about test) at the desk upon arrival or before using the restroom.**

## TIPS FOR IMPROVED BOWEL PREP:

- Bowel prep solutions taste best well-chilled.
  - You may add Crystal Light or tea bag to mask the taste.
  - If lukewarm liquids are preferred, remove the dose from refrigerator for 15-30 minutes before drinking.
  - Drink the whole dose quickly rather than sipping small amounts
  - Try drinking the bowel prep solution through a straw
  - Rinse mouth with water, clear soda, or mouthwash after drinking
  - Suck on hard candy or lollipops (No red or purple)
- TO AVOID A SORE BOTTOM FROM FREQUENT BOWEL MOVEMENTS:**
- Apply diaper rash cream/zinc oxide LIBERALLY after each trip to the bathroom
  - Avoid rubbing; gently pat area with wet washcloth or pre-moistened wipe or rinse with water
  - Wipe with refrigerated Tucks or Fleet relief pads (available over the counter)
  - Have reading material handy in the bathroom, MP3 player, iPod, etc.