

Date: \_\_\_\_\_

## STANDARD BOWEL PREP PM

Time: \_\_\_\_\_

The following instructions are your physician's specific instructions. Please follow the instructions carefully to ensure a successful prep. If you need to reach your physician's office, please call 248-273-9930 option 8

Special Notes: AN ADULT MUST ACCOMPANY YOU AND DRIVE YOU HOME FROM THE FACILITY THE DAY OF YOUR PROCEDURE. You may not drive home or go by taxi or bus. If you do not have a driver, your procedure will be cancelled. You should plan to be at the surgery center 2-3 hours.

For your safety, your procedure may be cancelled or delayed if instructions are not followed.

Cancellation Policy: We are committed to providing exceptional care. Unfortunately, when one patient cancels without giving enough notice, they prevent another patient from being treated. Failure to notify the office of a cancellation within 72 hours of your procedure or failure to show for your appointment will result in a \$200 fee. **Please call 248-273-9930 ext 3034 with any schedule changes.**

### PREP WEEK AT A GLANCE

7 days to procedure

**Review your prep instructions thoroughly. Review medication changes/restrictions starting today.**

- If you are on blood thinners (Xarelto, Eliquis, Coumadin, Plavix, Heparin, Lovenox, Pradaxa, Plavix, Brilinta) or if you are unsure- please notify the scheduler or physician. It may be necessary to stop these medications prior to the procedure.
- Please hold all GLP-1 agonists used for weight loss and diabetes (Ozempic, Wegovy, Mounjaro, Trulicity, Rybelsus, Victoza, Saxenda and others) prior to procedure due to risk of aspiration. If you are on weekly GLP-1 dosing, then hold medication for at least one week prior to procedure. If you are on daily GLP-1 dosing, then hold medication for at least one full day before procedure. (Jardiance and Farxiga please hold for 3 days prior)

If you have any questions on medication administration, including diabetes medications, prior to your procedure, please contact your physician now to review.

7 days to procedure



**STOP** eating any raw vegetables or vegetables containing seeds, corn, popcorn, nuts, and seeds and stop any fiber supplements until after the procedure.

STOP iron supplements one week prior to procedure.

Purchase clear liquid diet items. Purchase prep items, including four (4) 5mg Bisacodyl tablets, 238gm polyethylene glycol (Miralax) and two (2) 28oz Gatorade bottles.

2 Days to procedure



Continue a low fiber diet. Remember to avoid foods with nuts and seeds.

Confirm arrangements with your driver.

**No marijuana** for 48 hours prior to procedure.

1 day to procedure

**NO SOLID FOODS, CLEAR LIQUIDS\* ONLY** upon rising, until after your procedure.

**Prep at a Glance**

**3:00 PM- Take 4 Bisacodyl tablets.**

**5:00 PM- Mix together prep solution and start drinking it.**

Drink plenty of water and liquids throughout the day to avoid dehydration. Do not eat or drink anything after midnight the evening before your procedure.

**Detailed, step-by-step instructions located on page 2.**

Procedure Day

**No solid food. No Diabetic Meds. No smoking.**

**NO GUM OR HARD CANDY | YOU MAY BRUSH YOUR TEETH BUT DO NOT SWALLOW**

**\*If you take daily medication, you may take it with SMALL SIPS OF WATER ONLY, at least 2 hours before your procedure.**



# STANDARD BOWEL PREP PM

## \*Clear Liquid Diet Details:

**No Solid Foods. No Milk Products. No red or purple.**

### Approved

Sodas, coffee, tea, lemonade  
Clear juices, fitness waters  
Popsicles without pulp  
Clear broth (vegetable, chicken, beef)  
Jello

### Avoid

No milk/dairy  
No juices with pulp  
**NO RED or PURPLE**  
No Alcohol



## Prep Day: 1 Day Prior To Your Procedure

Drink plenty of water throughout the day to avoid dehydration.

**Step 1**

### **The morning - One (1) day prior to your procedure**

Pour 56 oz Gatorade (no red or purple) and 8 oz. water in pitcher, chill.

You may only eat/drink clear liquid diet day prior to procedure.



**Step 2**

### **3:00 PM - One (1) day prior to your procedure**

Take four (4) Bisacodyl tablets with 8 ounces of water.



**Step 3**

### **5:00 PM - One (1) day prior to your procedure**

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



**Step 4**

### **5:00 PM - One (1) day prior to your procedure**

Drink solution, an 8-ounce glass of prep solution every 10-15 minutes until **HALF** of the solution is gone. Make sure to drink only **HALF** of the prep solution.

The remaining half will be completed early in the morning.

(If you begin to feel nauseated or bloated you may spread out each 8 oz glass to every 30 - 45 minutes.)



**Step 5**

### **Early morning day of procedure**

Drink remaining solution and complete by six (6) hours prior to your procedure.

You may continue to drink water and other clear liquids through the morning until six (6) hours before your procedure.

# STANDARD BOWEL PREP PM

*Individual responses to laxatives vary.*

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

## The Day of Procedure

### 6 HOURS BEFORE YOUR PROCEDURE

- YOU MAY HAVE A CLEAR LIQUID DIET UNTIL 6 HOURS BEFORE PROCEDURE, THEN NOTHING BY MOUTH
- NOTHING TO EAT OR DRINK UNTIL AFTER YOUR PROCEDURE
- NO GUM, CANDIES, MINTS OR CHEWING TOBACCO ON MORNING OF PROCEDURE
- YOU MAY BRUSH YOUR TEETH BUT DO NOT SWALLOW

**- DO NOT TAKE INJECTABLE INSULIN OR ORAL DIABETES MEDICATIONS ON MORNING OF PROCEDURE**

**You may take daily blood pressure medication with a SMALL SIP OF WATER ONLY, at least 2 hours before your procedure.**

**Bring your current medication list with you.**

**Bring picture ID, insurance cards, co-pay, or deductible portion of your procedure with you.**

Since your procedure requires sedation, a driver (age 18 or over) must accompany you to your appointment. The person who is driving you home must remain at the facility while your procedure is being performed so that they are available in the unlikely event of an emergency. You may not go home in a taxi, rideshare (Uber/Lyft), or take public transportation. The sedation you will receive will prevent you from driving safely or working the day of your procedure. Following your procedure, do not drive, operate heavy machinery, or sign legal documents for 24 hours.

**Procedure Date:** \_\_\_\_\_

**Arrival Time:** \_\_\_\_\_

**Place:**



**gastrointestinal**  
specialists, pc

## Additional Medication Information & Reminders

- Please hold all GLP-1 agonists used for weight loss and diabetes (Ozempic, Wegovy, Mounjaro, Trulicity, Rybelsus, Victoza, Saxenda and others) prior to procedure due to risk of aspiration.
  - If you are on weekly GLP-1 dosing, then hold medication for at least one week prior to procedure.
  - If you are on daily GLP-1 dosing, then hold medication for at least one full day before procedure.
- If you are on blood thinners (Xarelto, Eliquis, Coumadin, Plavix, Heparin, Lovenox, Pradaxa, Plavix, Brilinta) or if you are unsure- please notify the scheduler or physician. It may be necessary to stop these medications prior to the procedure.
- You may take heart and blood pressure medications with a small sip of water up to 2 hours before your arrival time.
- Tylenol and Aspirin are acceptable for use until the day of procedure.
- If you have questions regarding other medications, please consult with your physician prior to the procedure for individual instructions.
- No marijuana use for 48 hours before the procedure. Avoid smoking or vaping on the day of procedure.
- Have someone drive you to and from the procedure location. You must be accompanied by someone who can stay at the facility while you are there.
- Bring a list of your current medications.
- Bring picture ID, insurance cards, co-pay, or deductible portion of your procedure with you.
- Prior to your procedure - Please call your insurance company so you are aware of any costs that you may be responsible for. All procedures are done on an OUTPATIENT basis. It is ultimately the patient's responsibility to be familiar with your own personal insurance policy information/benefits.

If you need to **cancel or reschedule**, please call 248-273-9930, Ext. 3034

## 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 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.

