


CONSTIPATION BOWEL PREP SPLIT-SHOPPING LIST

The following instructions are your physician's specific instructions. Please follow these instructions carefully to ensure a successful prep.

You can reach the physician's office at: 762-356-4785

Special notes: If you are on any blood thinning medication, follow the instructions provided by your gastroenterologist regarding if/when they should be discontinued before your procedure. If you are unsure, please call your gastroenterologist.

5 days prior to procedure	3 days prior to procedure	2 days prior to procedure	1 day prior to procedure	Day of procedure
<p>STOP: All vitamins and supplements including iron, fish oil, and diet pills such as Phentermine.</p>	<div style="text-align: center;">  </div> <p>STOP eating any raw vegetables or vegetables containing seeds, corn, popcorn, nuts, and seeds and stop any fiber supplements until after the procedure.</p> <p>Purchase: -Shopping List Items</p> <p>**See attached shopping list page 2</p> <p>**Clear liquid examples page 6</p>	<p>NO SOLID FOODS, CLEAR LIQUIDS ONLY upon rising, until after your procedure. A clear liquid diet is part of your prep and necessary for your procedure.</p> <p>Prep at a glance: 5:00 pm drink 10oz of Magnesium Citrate</p> <p>Detailed step by step instructions continue page 3.</p> <p>Confirm arrangements with your driver.</p>	<p>NO SOLID FOODS, CLEAR LIQUIDS ONLY until after your procedure. A clear liquid diet is part of your prep and necessary for your procedure.</p> <p>Prep at a glance: 3:00 pm Take two Dulcolax® (Bisacodyl)</p> <p>6:00 pm take 32 oz of Gatorade®/Miralax® prep solution</p> <p>9:00 pm Take two Dulcolax® (Bisacodyl)</p>	<p>Prep at a glance: at _____ (6H PRIOR TO PROCEDURE) Drink remaining 32 oz of Gatorade®/Miralax® prep solution</p> <p>**Nothing by mouth 4 hours prior to your procedure**</p> <p>NO GUM OR CANDY</p> <p>YOU MAY BRUSH YOUR TEETH BUT DO NOT SWALLOW</p> <p>*If you take a daily blood pressure medication, you may take it with a small sip of water ONLY, at least 2 HOURS prior to your procedure.</p>

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

Approved

- Sodas, coffee, tea
- Clear juices, fitness waters
- Popsicles without pulp
- Chicken, vegetable and beef broth
- Gelatin

Avoid

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



GASTROENTEROLOGY
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SHOPPING LIST

1) **Clear Liquid items** (Broth, juice without pulp, Jell-O®, popsicles-no red, orange, or purple)

2) **A 64 oz bottle of Gatorade®/Sports drink** (no red, orange, or purple)

3) **1 box Dulcolax®** (Bisacodyl) Laxative-5mg tablets

**** (laxative only-not the stool softener or suppository type)**



4) **1 bottle of Miralax®** (Polyethylene Glycol) 8.3 oz



5) **1 bottle of Magnesium Citrate** 10 oz

****IF YOU HAVE CONGESTIVE HEART FAILURE OR KIDNEY-RENAL FAILURE DO NOT PURCHASE-MAGNESIUM CITRATE. PLEASE REPLACE WITH TWO DULCOLAX (BISACODYL) 5 MG TABLETS**



CONSTIPATION BOWEL PREP SPLIT

Prep Day: Two days before your procedure

No solid foods upon rising, until after your procedure. Drink plenty of water throughout the day to avoid dehydration.

1

5:00 PM Two days before your procedure
Drink the entire 10 oz bottle of Magnesium Citrate
**IF YOU HAVE CONGESTIVE HEART FAILURE OR KIDNEY-RENAL FAILURE
DO NOT DRINK-MAGNESIUM CITRATE. PLEASE REPLACE WITH
TWO DULCOLAX (BISACODYL) 5 MG TABLETS**



Laxatives can affect everyone differently. Please remain near a bathroom.

Prep Day: The day before your procedure

No solid foods upon rising, until after your procedure. Drink plenty of water throughout the day to avoid dehydration.

2

3:00 PM The day before your procedure
Put the 64 oz bottle of Gatorade® in the refrigerator to chill
Take 2 (5mg) Bisacodyl (Dulcolax®) with a glass of water



3

6:00 PM The evening before your procedure
Mix together the **ENTIRE BOTTLE** (8.3OZ/238G) of Polyethylene Glycol 3350 (Miralax®) with **64 oz.** of chilled Gatorade®.



4

6:00 PM The evening before 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.

5

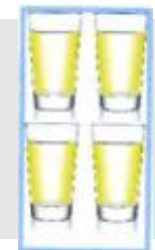
9:00 PM The evening before your procedure
Take 2 (5mg) Bisacodyl (Dulcolax®) with a glass of water
***Please note, you will only need 4 tablets total (Unless you have one of the conditions listed above, then you will need 6 tablets total)**



Prep Day: The day of your procedure

6

6 Hours before your procedure start time.
Drink the **OTHER HALF OF THE MIXTURE (32 OZ)** Drink an 8oz. glass of the solution every 15-30 minutes **until gone.**
You must finish the entire prep, even if your bowels are already clear.
***Prep must be completed no later than 4 hours prior to your procedure**



CONSTIPATION BOWEL PREP SPLIT-Day of Procedure

THE DAY OF THE PROCEDURE

4 HOURS BEFORE YOUR PROCEDURE

- **NOTHING BY MOUTH**
- **NOTHING TO EAT OR DRINK UNTIL AFTER 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 2 hours before your procedure.**
- Unless your physician gives you other instructions, prescribed medication(s) for asthma, blood pressure, heart, seizure, or anti-psychotic medications may be taken as scheduled with a small sip of water. Please do not take anything else by mouth until your procedure is completed.
- **Asthma patients: please bring your inhaler with you.**

*Your procedure requires sedation, a driver (age 18 or over) must accompany you to your appointment. The person who is driving you 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.

CONSTIPATION BOWEL PREP SPLIT

****THE FOLLOWING INSTRUCTIONS ARE FOR DIABETIC PATIENTS ONLY****

DIABTETIC PATIENT INSTRUCTIONS FOR AN OUTPATIENT PROCEDURE

*It is important to keep your blood sugar controlled when you are having an outpatient procedure. The following directions will guide you in managing your diabetes medicines before your procedure.

THE DAY BEFORE YOUR PROCEDURE

- Take your diabetes medication, continue usual does until midnight

THE EVENING BEFORE YOUR PROCEDURE

- If you take Insulin:
 - Take half of your usual amount of evening insulin (see examples below which include all types of insulin, such as NPH, 70/30, 50/50, Regular, Humalog, Lente).
 - Example 1: Your usual evening dose is 15 units of NPH and 8 units of regular. You would take 7 units of NPH and 4 units of regular in the evening before your procedure.
 - Example 2: Your evening dose is 27 units of 70/30 insulin. You would take 13 units of 70/30 insulin the evening before your procedure.
- NOTHING TO EAT OR DRINK AFTER MIDNIGHT. This includes hard candy and chewing gum. You are allowed to brush your teeth, but do not swallow.

THE MORNING OF YOUR PROCEDURE

- Nothing to eat or drink. This includes hard candy and chewing gum. You are allowed to brush your teeth, but do not swallow.
- Check your blood sugar first thing in the morning (and at 12:00 noon if you are not at the hospital or outpatient facility) and write down the results. Bring these results and your blood sugar log book with you (along with your diabetes pills and/or insulin) to the hospital or outpatient facility.
- If you are on diabetes pills or take insulin injections: **DO NOT take your pills or insulin the morning of the procedure.**
- If you use an insulin pump:
 - Discontinue the bolus function four (4) hours before your arrival time.
 - If your blood sugar is in an acceptable range, decrease the basal function 50% of your normal rate.
- If your blood sugar is less than 60, take one of the following 2 hours before your arrival at the hospital or outpatient facility:
 - 3 glucose tablets
 - 4 oz. juice (clear juice such as apple or white grape)
 - 6 Life Savers™ (NO RED)

CLEAR LIQUID DIET

This diet provides fluids that leave little residue and are easily absorbed with minimal digestive activity. This diet is inadequate in all essential nutrients and is recommended only if clear liquids are temporarily needed.

No red, orange or purple liquids should be consumed!

Food Group	Foods Allowed	Foods to Avoid
Milk & Beverages No Red, Orange, or Purple Liquids	Tea (Decaffeinated or Regular) Black Coffee (Decaffeinated or Regular) Carbonated Beverages Sport Drinks with Electrolyte Water	Milk or Dairy Products, Coffee Creamer, Alcoholic Drinks
Meats & Meat Substitutes	None	All Meats or Poultry Products
Vegetables	None	All Vegetables
Fruit & Fruit Juices	Fruit Juices without Pulp: Apple, White Grape & Lemonade	Fruit Juice with Pulp, Fruits
Grains & Starches	None	All Grains & Starches Bread, Pasta, Rice, Grains, Cereals, Seeds & Nuts
Soups	Clear Broth	All Other Soups
Desserts	Clear Flavored Gelatin Popsicles Fruit Ices (No Red, Orange, or Purple Flavors)	All Other Desserts
Fats	None	All Fats
Miscellaneous	Sugar For Tea/Coffee Lemon Juice or Honey for Tea Clear Hard Candy Salt	All Others

Clear Liquid Sample Menu

Morning	Noon	Evening
White Grape Juice Clear Broth Lime Gelatin Coffee	Apple Juice Clear Broth Lemon Fruit Ices Iced Tea with Lemon	Sports Drink with Electrolyte Clear Broth Lemon Gelatin Sprite
Mid-Morning Snack	Mid- Afternoon Snack	Evening Snack
Sport Drink with Electrolyte Lemon Gelatin	Sprite Popsicle	Lemonade Popsicle

CONSTIPATION BOWEL PREP SPLIT

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/ see through and will not contain any solid matter. (See example next page)

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 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 of physician.

Can I drink ALCOHOL on the liquid diet?

Alcohol is not allowed as a part of the liquid diet.

Can I continue to be on the liquid diet after I begin consuming 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.

