

## Buy at Store – Constipation

Patient Name: \_\_\_\_\_

Procedure date: \_\_\_\_\_ Check in at \_\_\_\_\_ am/pm

At \_\_\_\_\_ with Dr. \_\_\_\_\_

### To buy at the store:

- (1) 8.3 oz (238 g) bottle of **Polyethylene Glycol 3350** (Generic for Miralax Brand)
- (4) **Bisacodyl tablets** (*Please note that packages are usually only available for purchase with a larger amount.*)
- 64 oz. of **Gatorade** / Crystal Light --NO RED OR PURPLE (*Please note you may also purchase a powder of these items. You will need enough to equal 64 oz once mixed with water.*)
- (1) bottle of **Magnesium Citrate** (*Note: DO NOT PURCHASE if you have renal disease. Please call our office at 303.604.500 for a potential alternative.*)
- You can purchase Sprite, 7-Up or Gingerale to mix with the Magnesium Citrate.

## 2 DAY 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 Patient Advisor with non-medical prep questions at: **800.349.0285**

You can reach your physician's office at: **303.604.5000**

**Special Notes:** The following medications may be continued prior to your procedure: Plavix, Persantine, Ticlid, Effient, Brilinta, Pletal, Aggrenox, Agrylin, aspirin, and/or anti-inflammatory medication(s).

\*If you have any questions regarding medications, you may call our office at 303-604-5000. \*

5 days prior to procedure	3 days prior to procedure	2 days prior to procedure	1 day prior to procedure	Day of procedure
<p><b>Discontinue</b> fiber supplements and medications containing iron.</p> <p>STOP high fiber foods such as: Nuts, seeds, dried fruits, raw vegetables, beans, whole-grain cereals, and oatmeal until after the procedure.</p> <p><b>BEGIN</b> a low-fiber diet which includes the following foods: White bread, white rice, pasta, skinless potatoes, plain crackers, low fiber cereals, fish, white meat chicken, eggs, creamy peanut butter, tofu, cooked carrots, cooked green beans, cooked spinach, applesauce, bananas, canned peaches, milk, plain yogurt, cheese.</p>	<p>Continue a low fiber diet.</p> <p><b>STOP</b> taking <b>COUMADIN (WARFARIN)</b>. Please call the doctor that prescribes this medication to ensure it is safe for you to stop. If you are unable to stop Coumadin prior to your procedure, your doctor may prescribe an alternative therapy.</p> <p>If you need to <b>cancel or reschedule</b> your appointment, you <b>MUST</b> do so 3 business days prior to your appointment date or a cancellation fee may be assessed.</p>	<p><b>YOU MAY HAVE A LIGHT, LOW-FIBER BREAKFAST BEFORE 9:00 AM. AFTER 9:00 AM, NO SOLID FOODS</b> until after your procedure. A clear liquid diet is necessary for a colonoscopy.</p> <p><b>Prep at a Glance</b>  <b>12:00 pm</b> Drink 10oz of Magnesium Citrate</p> <p><b>SEE INSTRUCTIONS FOR DETAILED MEDICATION INFORMATION.</b></p> <p>Confirm arrangements with your driver.</p>	<p><b>NO SOLID FOODS, CLEAR LIQUIDS*</b> ONLY upon rising, until after your procedure. A clear liquid diet is necessary for a colonoscopy.</p> <p><b>Prep at a Glance</b>  <b>3:00 pm</b> take 4 Dulcolax  <b>5:00 pm</b> take 32oz of prep solution</p> <p>Drink plenty of water and liquids throughout the day to avoid dehydration.</p>	<p>10 hours before your procedure, take the second half (32 oz) of prep solution.</p> <p>Nothing by mouth <b>8 hours prior</b> to your procedure.</p> <p><b>NO GUM OR HARD CANDY</b></p> <p><b>YOU MAY BRUSH YOUR TEETH BUT DO NOT SWALLOW</b></p> <p><b>*If you take daily medication, you may take it with SMALL SIPS OF WATER ONLY, at least 2 hours before your procedure.</b></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**



## 2 DAY BOWEL PREP

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### 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 typically 4-6 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.

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## 2 DAY BOWEL PREP

### Prep Day: Two days before your procedure

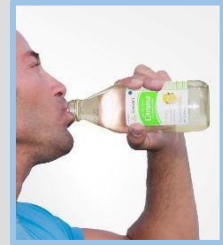
You may have a light, low-fiber breakfast before 9:00 am. After 9:00 am, no solid foods until after your procedure. Drink plenty of water throughout the day to avoid dehydration.

1

**12:00 PM** two days prior to your procedure

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

**DO NOT** drink if you have Congestive Heart Failure or have Kidney-Renal Failure.



### 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 prior to your procedure

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

**DO NOT ADD ICE**



3

**3:00 PM** the day prior to your procedure

Take 4 (5mg) Dulcolax tablets with a glass of water.

**\*Please note you will only need 4 tablets total**



4

**5:00 PM** the evening prior to your procedure

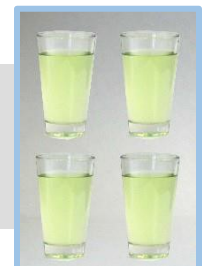
Mix together the **ENTIRE BOTTLE** (8.3oz/238g) of Miralax with **64 oz.** of chilled Gatorade.



5

**5:00 PM** the evening 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.*



## 2 DAY BOWEL PREP

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If you have medical questions or concerns, please contact Gastroenterology of the Rockies at 303-604-5000.

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### MEDICATION RESTRICTION INFORMATION

- Stop taking **PRADAXA, XARELTO, or ELIQUIS** two days prior to your procedure. Please call the doctor that prescribes this medication to ensure it is safe for you to stop. If you are unable to stop Pradaxa, Xarelto, or Eliquis prior to your procedure, your doctor may prescribe an alternative therapy.

### **Gastroenterology of the Rockies Patient belongings and valuables policy:**

Patients and visitors are responsible for all belongings. We recommend you bring only essential items to your procedure. Gastroenterology of the Rockies is not responsible for replacing lost or misplaced items.