

Colonoscopy Bowel Preparation Instructions



IMPORTANT

If you have not completed this preparation correctly and the bowel is not clean when you arrive to the procedure, your procedure will be rescheduled.

PLAN AHEAD

Read and review all instructions 14 days before your procedure to ensure the success of your procedure. Reviewing these instructions early will help ensure you have all necessary items and are prepared to follow all steps.



DISCUSS MEDICATIONS and any health conditions you have with your doctor. Your doctor will provide instructions for how to appropriately adjust your medications prior to your procedure. Instructions may include the following changes:

- Stop medications that are for diarrhea (Imodium®, Kaopectate®) or that contain iron 7 days prior to your procedure.
- You will need to temporarily discontinue blood thinners prior to your procedure.
- If you are diabetic, continue taking insulin and Metformin to manage your diabetes.
- You will need to temporarily discontinue GLP-1 medications (such as Ozempic or Trulicity) 14 days prior to your procedure.
- Take heart, blood pressure or anti-seizure medications at least 4 hours prior to your procedure with a small amount of water.



NURSE NAVIGATOR. You will be contacted by a Nurse Navigator prior to your procedure to review your medical history, preparation instructions and any questions you may have. If you have any questions before or after this call, please contact the Nurse Navigator at 704.671.7894.



PURCHASE these items ahead of time (no prescriptions required).

- Four, 5mg Dulcolax® tablets
- One, 8.3 oz. (238g) bottle of MiraLAX
- 64oz. of Gatorade® (no red or purple flavors)



ARRANGE for a friend or family member to accompany you to your appointment and drive you home after the colonoscopy, as you will still be drowsy from sedation and it is unsafe to drive.

- You must have an adult drive you home the day of your procedure. This person must be present the entire time you are in the clinic or your procedure will be rescheduled for your safety.
- You should not drive a car, operate machinery, or make any legal decisions until the day after your procedure.



1 WEEK PRIOR to your procedure, eat a low fiber diet.

High fiber foods to avoid include:

- Whole grain breads, oatmeal/cereals, granola
- Nuts, seeds, raw/dried vegetables or fruit (NO salads)
- Beverages with pulp
- Nutritional supplements that contain fiber
- Pepper, beans, corn/popcorn

Foods you may eat include:

- Cream of wheat/grits, white rice and refined pastas/noodles
- Cooked fresh/canned vegetables
- Vegetables without seeds including asparagus, beets, carrots, mushrooms, green beans and potatoes without skin
- Bananas, soft cantaloupe, honeydew, avocado
- Chicken, fish, beef, pork, tofu, eggs
- Margarine, butters/oils, smooth sauces and dressings
- Cakes, cookies, pudding, ice cream without nuts or seeds
- Hard candy, popsicles, yogurt and cheese



1 DAY PRIOR to your procedure, drink only a CLEAR LIQUID DIET. A clear liquid diet consists only of liquids that you would be able to read a newspaper through.

Clear liquid diet includes:

- Water, mineral water
- Clear fruit juices without pulp (apple, white grape, white cranberry, lemonade, etc.)
- Clear carbonated and non-carbonated soft drinks or sports drinks (no red or purple flavors)
- Store-bought and >99% fat-free broth (chicken, beef, vegetable or bone broth)
- Popsicles or gelatin (such as Jell-O. No red or purple flavors)
- Coffee or tea (without milk or cream)

IMPORTANT

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1 DAY PRIOR to your procedure, you should TAKE THE COLON PREP. Please follow the instructions below.

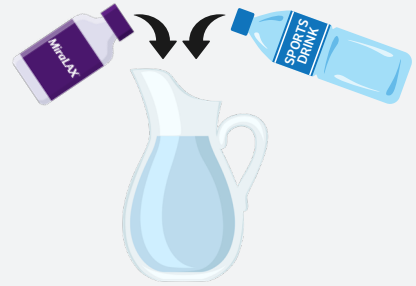
A Your preparation - MiraLAX/Gatorade®

Gather the prepurchased items (no prescriptions required)

- Four, 5mg Dulcolax® tablets
- One, 8.3oz. (238g) bottle of MiraLAX
- 64oz. of Gatorade® (no red or purple flavors)

B Preparing your bowel preparation

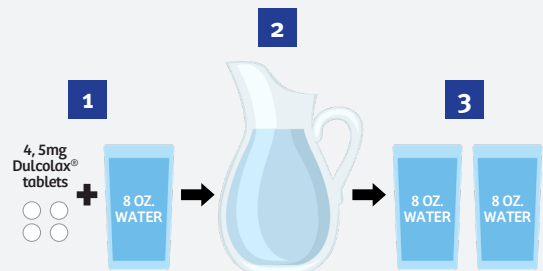
- Pour the entire 8.3 oz. bottle of MiraLAX into a large pitcher. Add the entire 64 oz. bottle of Gatorade to the pitcher. Mix well and refrigerate.



C Starting your bowel preparation

Between 3:00-6:00 p.m. the day before your procedure

- **STEP 1:** Take 4 Dulcolax tablets (a total of 20mg) by mouth with at least 8 oz. of water and then wait one hour.
- **STEP 2:** Drink 32 oz. of MiraLAX-Gatorade solution (half the prep) within one hour. Refrigerate the remaining half of the prep solution.
- **STEP 3:** Drink an additional 16 oz. of any clear liquid (without MiraLAX) over the next 1-2 hours.



DAY OF PROCEDURE. 6 hours before your procedure.

- Drink the remaining half of the prep within an hour, until the container is empty.



IMPORTANT: After midnight the day before your procedure, do not eat or drink anything other than the bowel preparation listed above.

- Do not chew gum or consume any hard candy or mints.
- No tobacco use 6 hours prior to arrival time.

WHAT TO EXPECT

- You will develop significant diarrhea after drinking the preparation. This is normal as it means the medication is working to clear stool from your colon.
- Most people feel mild bloating and mild abdominal cramps. This is normal. Drinking the prep medication more slowly and over a longer period of time can help alleviate these symptoms.
- A successful colon prep will cause you to have clear yellow (“tea-colored”) liquid stools.
- Please finish your preparation regardless of your stool color.

AFTER YOUR COLONOSCOPY PROCEDURE

You will spend time in our post-procedure unit where our nursing staff will monitor you. Once recovered, you will be able to leave with your driver. You will receive a printed copy of your colonoscopy results for your own records. Once home, you may resume your normal diet and medications.

WHAT IS A COLONOSCOPY AND WHAT CAN I EXPECT DURING A COLONOSCOPY?

A colonoscopy lets your doctor look inside the lower part of your digestive tract—your colon and rectum. The procedure uses a colonoscope (or “scope”), which is a long, flexible tube with a light and camera at the tip, to view the inner lining of the colon. This allows your doctor to find and remove precancerous polyps and catch colon cancer in its early stages.

The day before your test, you’ll complete a bowel prep to empty and clean out your colon. The prep involves a strong laxative and a liquid diet. Carefully following the prep instructions helps your doctor spot polyps and other abnormalities more clearly during the procedure.

A colonoscopy takes place in a hospital or ambulatory center. Before it begins, you’ll receive anesthesia or medication through an IV to keep you comfortable. The doctor then gently inserts the colonoscope into the rectum and guides it through the entire colon.

Along the way, your doctor will take pictures and remove any polyps, sending them to a lab for further testing. If a polyp can’t be removed, the doctor may take a small sample instead—this is called a biopsy.

The colonoscopy itself usually takes 15 to 30 minutes. When you include preoperative care, the procedure and recovery time afterward, plan to be at the center for about 90 minutes.

