

**DIGESTIVE ENDOSCOPY CENTER**  
**PREPARING FOR YOUR COLONOSCOPY. PLEASE READ AT LEAST 7 DAYS PRIOR TO PROCEDURE.**

**Procedure Date & Arrival Time:**

**Location:**

**Provider & Phone number:**

**IMPORTANT INFORMATION TO REVIEW AT LEAST 7 DAYS PRIOR TO PREPPING FOR YOUR COLONOSCOPY:**

If you are on a medication to thin your blood (an anticoagulant or anti platelet) do not stop your blood thinning medications until you hear from our office. We will contact your physician who prescribes this medication for instructions and notify you. **If you have not heard from us a week prior to your procedure, please call our office to speak with your Physician's Medical Assistant.**

**If you take iron or vitamins containing iron, hold these medications for 5 days prior to your procedure.**

If you are on aspirin or NSAIDs, you may continue to use these medications.

If you are diabetic and you use insulin or an insulin pump, check with your PCP for instructions

during your prep and the rest of your procedure.

**7 DAYS PRIOR, AVOID ALL:** Nuts, seeds, lettuce, popcorn, and tomato skin.

**PURCHASE:** One Bowel Preparation- prescription sent to the pharmacy

**Clear liquid diet items are:**

**\*AVOID ANYTHING RED OR PURPLE**

- Water
- Vitamin Water (not red or purple)
- Broth/ Bouillon
- Jell-O (not red or purple)
- Coffee- no cream/milk
- Tea- no cream/milk
- Apple Juice
- White Grape Juice
- Sports Drink
- Popsicles (no red)
- Pop/Soda (no red)

**ALCOHOL IS NOT PERMITTED**

Note: Bowel preps may cause urgency of bowel movements: you may want to pad your undergarments and bedding. Desitin cream may help if rectal area becomes irritated.

**DAY BEFORE THE PROCEDURE:**

- Consume only clear liquids in place of solid foods
- Drink plenty of clear liquids.
- Find the prep on page 2 and begin taking prep as instructed

**ANYTIME IN THE MORNING:** Mix your prescribed prep per instructions below, and store in the refrigerator.

**DAY OF THE PROCEDURE: DO NOT EAT FOOD; CONTINUE PREP INSTRUCTIONS ON PAGE 2**

- If you are diabetic, hold your oral diabetic medication. Check your blood sugar often. If your blood sugar gets low, drink clear fruit juice.
- Using small sips of water, take your prescription medications as you usually do unless you have been instructed to "hold" the medication prior to the procedure. It is very important that you take your blood pressure or heart medication as usual.
- You may brush your teeth the morning of procedure
- Do not smoke before your procedure.

**4 HOURS PRIOR TO YOUR PROCEDURE, STOP ALL LIQUIDS:**

**Have NOTHING BY MOUTH, including no gum, hard candy or chewing tobacco, or your PROCEDURE MAY BE CANCELLED.**

**A FEW REMINDERS:**

- You must have a driver.
- If you have asthma, bring your inhaler with you.
- If you are diabetic and on insulin, bring your insulin.
- Bring a list of your current medications and any medication allergies.
- Bring your insurance cards and driver's license/ picture ID
- If you have an implanted cardiac defibrillator or pacemaker, please bring the card identifying the device manufacturer, model, and serial number.
- Wear comfortable clothing and shoes.
- You may wear your dentures, hearing aids, contacts, or glasses; however, you may be asked to remove them for the procedure. Please leave your jewelry at home.

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**CLENPIQ**

**At 5:00PM THE DAY PRIOR:**

Drink the first bottle of your Clenpiq, followed by 5 or more 8 ounce cups of clear liquids within 5 hours.

**\*Continue clear liquids ONLY until bedtime.**

**6 HOURS BEFORE YOUR**

**PROCEDURE TIME:** Drink the second bottle of Clenpiq, followed by 5 or more 8-ounce cups of clear liquids over a 2 hour period.

**DO NOT HAVE ANYTHING BY MOUTH AFTER THIS STEP OR YOUR PROCEDURE MAY BE CANCELLED.**

**DO NOT REFRIGERATE PREP**

**OCL (Nulytely, Gavilyte, Trilyte)**

**At 4PM THE DAY PRIOR:**

Mix the prep solution by adding water to the fill line. Drink eight 8 ounce glasses of the prep.

**6 HOURS PRIOR TO YOUR**

**PROCEDURE:** Drink another eight, 8 ounce glasses of the prep over the next 2 hours, and then NOTHING else by mouth until after procedure.

**SUTAB**

**At 5:00PM THE DAY PRIOR:**

**Step 1:** Open the first bottle of 12 tablets.

**Step 2:** Fill the provided container with 16 ounces of water (up to the fill line). Swallow each tablet with a sip of water and drink the entire amount over 15-20 minutes. **If you become uncomfortable, take the tablets and water slower. Approximately 1 hour after the last tablet is**

**swallowed:**

**Step 3:** Fill the provided container a second time with 16 ounces of water (up to the fill line) and drink the entire amount over 30 minutes.

**Approximately 30 minutes after finishing the second container of water:**

**Step 4:** Fill the provided container with 16 ounces of water (up to the fill line) and drink the entire amount over 30 minutes.

**\*Continue clear liquids until bedtime.**

**5-8 HOURS BEFORE PROCEDURE**

**TIME:** Repeat step 1-4 from Day 1, using the second bottle of tablets.

**PLENVU, SUPREP, MOVIPREP**

**ANYTIME IN THE MORNING THE DAY PRIOR:** Mix the first dose of your prep per package instructions, and store in the refrigerator.

**At 5:00PM:** Drink the first dose of your prep; 8 ounces every 15 minutes until the entire container is consumed. Then drink (2), 16 ounces of a clear liquid of your choice.

**At 7:00PM:** Mix the second dose of your prep and store in the refrigerator. (Do not drink it yet).

**\*Continue clear liquids until bedtime.**

**6 HOURS BEFORE YOUR**

**PROCEDURE TIME:** Drink the second dose of your prep; drink 8 ounces every 15 minutes until the entire container is consumed. Then drink (2) 16 ounces of a clear liquid of your choice.

**MIRALAX**

**Purchase:**

1 Bottle of MiraLAX (238 gm)  
2 Bisacodyl tablets  
64oz of Gatorade (not red or purple)

**At NOON THE DAY PRIOR:** Take 2 Bisacodyl laxative tablets with a glass of water.

In most people, bisacodyl begins to work in 6 hours or more. You may delay this step as late as 2:00PM if that is more convenient.

**At 5:00PM:** Pour the Gatorade (or your substituted non-carbonated clear liquid) into a 2-quart pitcher. Pour the entire bottle of powdered laxative into the non-carbonated clear liquid and mix well. The powder will dissolve more easily if the non-carbonated clear liquid is at room temperature.

Drink an 8-ounce glass of the laxative mixture every 15 minutes until half the solution is gone (4 glasses over 1 hour)

**\*Continue clear liquids until bedtime.**

**6 HOURS BEFORE PROCEDURE**

**TIME** Drink the second dose of your prep; 8 ounces every 15 minutes until the entire container is consumed. Then drink (2) 16 ounces of a clear liquid of your choice.