

# Colonoscopy Bowel Preparation Instructions

## PLENVU® and MIRALAX®

**IMPORTANT** If the bowel is not clean when you arrive for your appointment, rather than giving you an incomplete and poor exam, your procedure will need to be rescheduled.

Prep Questions? 24 HOURS CALL (972) 691-3777

Your colonoscopy is **SCHEDULED** for \_\_\_\_\_ at \_\_\_\_\_. **ARRIVAL TIME:** \_\_\_\_\_.



**INSURANCE NOTIFICATION** Our **Central Billing Office** will obtain pre-certification if needed. Call your insurance company before the procedure to make sure this has been done. Insurance questions? Please call 214-623-6230.

- You must tell us if your insurance has changed since the last time you were seen.
- There will be a facility and anesthesia charge in addition to the doctor's fee.
- Other charges may incur (e.g., pathology, radiology, or laboratory fees) during the procedure if needed for your care.
- **Please bring your insurance card and driver's license to the procedure.**



**IMPORTANT NOTE** **FOLLOW THESE INSTRUCTIONS CAREFULLY.** Do **NOT** follow the instructions on the prep box.

- Follow instructions given to you about any medication changes.
- Pay close attention to the diet and medication instructions noted below. You may be making changes up to 7 DAYS before your procedure.
- DO NOT EAT OR DRINK after midnight except your bowel prep. NO LIQUIDS within 4 HOURS of your exam.
- **NO** smoking 24 hours before your procedure or it may be canceled.
- *Your bowel prep prescription will be sent to the TDDC pharmacy. They will bundle all items needed for your prep and ship directly to you. They will call to confirm your mailing address and prescription coverage. Please return any missed call at 682-707-3760.*

- If you use your preferred pharmacy, pick up the prescription at least 1 week before to make sure it is available and covered by insurance.



- **DISCUSS MEDICATIONS** and any health conditions with your doctor. Your doctor will tell you how to correctly adjust your medications before your procedure. Instructions may include the following changes:

- You will likely have to stop BLOOD THINNERS before your exam. Your doctor will tell you how long to be off the blood thinners before and after the exam. Unless told otherwise, DO NOT stop your aspirin.
- 5 days before your procedure, stop taking fiber supplements and any medications containing iron (Metamucil, Citrucel, multivitamins with iron, etc.).
- IF YOU ARE DIABETIC, call your primary care doctor for instructions on how to take your medications on the preparation and procedure days.
- If you take a GLP-1 agonist for weight loss, HOLD (do not take) your daily dose the day of procedure and take after you are discharged home. If you take a weekly dose, it should be at least 1 week since your last dose. For any questions, please call the office. If you take the medication for diabetes management, contact your prescribing physician for any questions related to holding dose.
- Other medications that need to be held: Empagliflozin (Jardiance, Glyxambi, Synjardy, Trjardy), Dapagliflozin (Farxiga, Xigduo, Qtern, Qternmet), Canagliflozin (Invokana, Invokamet), Ertugliflozin (Steglatro, Segluromet, Steglujan), Bexagliflozin, and Sotogliflozin. If you are taking one of these, please call our office to discuss how they should be held.
- Take your usual morning medications (ONLY for heart, blood pressure, and seizures), at least 4 hours before your procedure with a small sip of water.
- Chewing tobacco needs to be discontinued 8 hours prior to your procedure time.



- **ARRANGE** for a friend or family member to drive you home after the procedure. You will still be drowsy from sedation and not safe to drive.

- An adult must go home with you the day of your procedure. The medical staff must be able to call who is going with you. If this person cannot be confirmed before the procedure, you will be rescheduled for your safety.
- Do not drive a car, operate machinery, or make legal decisions until the day after your procedure.



- **STAY HYDRATED** with at least 12 tall glasses (about 8-10 oz. each) of clear liquids throughout the day. This is in addition to what you drink with your bowel prep medication to prevent dehydration.



**3 DAYS BEFORE** your procedure, eat a **LOW RESIDUE DIET** and limit high fiber foods.

#### **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 containing fiber
- Peppers, beans, corn/popcorn

#### **FOODS YOU MAY EAT INCLUDE:**

- Cream of wheat, white rice, and refined pastas/noodles
- Cooked/canned vegetables without seeds, including asparagus, beets, carrots, mushrooms, green beans, and potatoes with no skin
- Chicken, fish, beef, pork, tofu, eggs
- Margarine, butters/oils, smooth sauces and dressings
- Cakes, cookies, pudding, ice cream with no nuts or seeds
- Hard candy, popsicles, yogurt and cheese



**2 DAYS BEFORE** your procedure, starting at **6:00 PM**:

- Mix 7 capfuls of MiraLAX in 32 oz. of any clear liquid. Drink an 8 oz. glass of the mixture every 30 minutes until it is gone. This is over-the-counter at the pharmacy.



**1 DAY BEFORE** your procedure, **consume** only a **CLEAR LIQUID DIET**. This consists only of liquids you can read a newspaper through.

#### **CLEAR LIQUID DIET INCLUDES:**

- Water, mineral water
- Clear fruit juices with no pulp (apple, white grape, white cranberry, lemonade)
- Clear carbonated and non-carbonated soft drinks or sports drinks
- Store-bought and >99% fat-free broth (chicken, beef, vegetable, or bone broth)
- Popsicles, Italian ice, gelatin (such as Jell-O), AVOID ANY RED, BLUE, or PURPLE
- Coffee or tea (NO milk or cream)

**IMPORTANT** If the bowel is not clean when you arrive for your appointment, rather than giving you an incomplete and poor exam, your procedure will need to be rescheduled.



**1 DAY BEFORE** to your procedure, you should also **TAKE THE COLON PREP MEDICATION**. Please follow these instructions, **NOT** the ones on the box.

### **1 YOUR PREPARATION—PLENU**

- The kit comes with a 16 oz. container and 3 pouches labeled “Dose 1”, “Dose 2 Pouch A”, and “Dose 2 Pouch B”.

### **2 DRINKING YOUR BOWEL PREPARATION**

#### **• At 5:00 PM—OPTIONAL STEP**

- Start Zofran (ondansetron) the anti-nausea medication. Take 1 tablet by mouth every 6-8 hours as needed for nausea and vomiting.

#### **• Begin at 6:00 PM the night before your procedure**

- Use the mixing container to mix the contents of the Dose 1 pouch (Mango flavor) with at least 16 oz. of water by shaking or using a spoon until completely dissolved (may take up to 2-3 minutes).
- Take your time, slowly finish the dose within 30 minutes.
- Refill the container with at least 16 oz. of clear liquid. Again, take your time and slowly finish all of it within 30 minutes.



### **3 DRINKING YOUR BOWEL PREPARATION**

#### **• 5 hours before your arrival time**

- Use the mixing container to mix the contents of Dose 2 (Pouch A and Pouch B, Fruit Punch flavor) with at least 16 oz. of water by shaking or using a spoon until completely dissolved (may take up to 2-3 minutes).
- Take your time, slowly finish the dose within 30 minutes.
- Refill the container with at least 16 oz. of clear liquid. Again, take your time and slowly finish all of it within 30 minutes.





## WHAT TO EXPECT

- You will develop significant diarrhea after drinking the prep. Plan to be and stay near a bathroom. This is normal as the medication works to clear stool from your colon.
- Most people feel mild bloating and stomach cramps, which is normal. Drink the prep medication more slowly over a longer period of time to help alleviate symptoms.
- Finish your prep regardless of your stool color.
- When your prep is complete, your stool should be **light yellow, liquid, and clear without many particles**—like urine.



<i>Dark and murky.</i>	<i>Brown and murky.</i>	<i>Dark orange and semi-clear.</i>	<i>Light orange and mostly clear.</i>	<i>Yellow and clear, like urine.</i>
<b>NOT OK</b>	<b>NOT OK</b>	<b>NOT OK</b>	<b>ALMOST THERE!</b>	<b>YOU'RE READY!</b>



**4 HOURS BEFORE** your procedure, **STOP DRINKING ALL LIQUIDS AND MEDICATIONS**. Do not eat or drink 4 hours before your procedure. This includes chewing gum and hard candy. Doing any of these will delay and possibly cancel your procedure.

### After Your Procedure

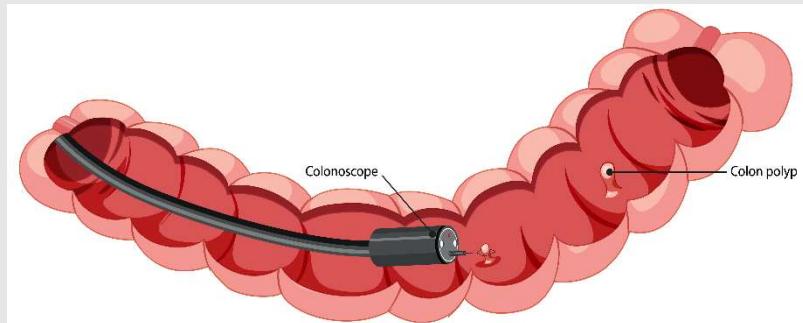
You will spend time in our post-procedure unit where nursing staff will monitor you. Once safe, you will be able to leave with your driver or escort. You will receive a printed copy of your exam results for your own records. Once home, you may resume your normal diet and medications as instructed by your doctor. If you are taking blood thinners, you should receive instructions from nursing staff and your doctor on when to resume these medications.

**For insurance questions please call TDDC Central Billing at 214-623-6230 or the Lonestar insurance team at 817-402-7700.**

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

A colonoscopy is a procedure that allows your doctor to examine the inside of your lower digestive tract, also known as your colon and rectum. The procedure uses a colonoscope ("scope") — a long flexible tube with a light and camera at the end — to examine the inside lining of the colon. It allows the doctor performing the test to find and remove precancerous polyps and early colon cancers.

The day before the test, you will do a bowel prep to empty and clean your colon. The bowel prep includes a strong laxative and liquid diet. Following the directions of the bowel prep makes it easier for your doctor to detect polyps and other abnormalities during the colonoscopy.



Colonoscopy is performed in a hospital or medical clinic. Before the procedure starts, you will be given anesthesia or medication through an IV to make you comfortable. Then, the doctor will gently insert the colonoscope into the rectum and guide it through the entire colon.

Your doctor will take pictures and remove polyps along the way. He/she will then send the polyps to a lab for further testing. If a polyp cannot be removed, a sample may be taken. This is called a biopsy.

The colonoscopy usually takes 15 to 30 minutes to complete. Risks of colonoscopy include bleeding, infection, and perforation; however, complications occur in only 1 out of 1,000 colonoscopies.

## Contact Information

### PHYSICIANS

**Anita Steephen, MD**  
**Andrew Holt, MD**  
**Nishant Patel, MD**  
**Joseph Cano, MD**  
**Abhi Vemula, MD**  
**Kanthy Yalamanchili, MD**  
**Laila Nooruddin, NP**  
**Toni Perkins, NP**

### CLINIC LOCATION

**TDDC**  
4370 Medical Arts Dr. Suite 295  
Flower Mound, TX 75028  
Phone: 972-691-3777  
Fax: 972-691-3666

### PROCEDURE LOCATIONS

**LONESTAR ENDOSCOPY**  
(Check in 1 hour before procedure time)  
1001 Surrey Lane  
Flower Mound, TX 75028  
Phone: 214-513-6300

**PRESBYTERIAN HOSPITAL**  
(Check in 1 ½ hours before procedure time)  
4400 Long Prairie Rd.  
Flower Mound, TX 75028  
Phone: 469-322-7000