

OVER THE COUNTER BOWEL PREP INSTRUCTIONS

It is important for the bowel to be **completely cleaned out** prior to having a colonoscopy. This will allow your physician to clearly view the walls of the colon and provide the highest-quality of diagnostic results. If you have not had a phone call from the facility you are scheduled with, prior to your procedure, or if you have any questions about these instructions, please call (512) 341-0900. If you have any questions after 5 PM the day before your procedure, please call the “doctor-on-call” at (512) 341-0900.

2-3 DAYS PRIOR TO PROCEDURE:

- Blood thinning medications (Coumadin (Warfarin), Eliquis, Pradaxa, Plavix (Clopidogrel), or other) should be held under the direction of the Physician you are having your procedure with. A Nurse from the facility where you are scheduled to have your procedure, will review those instructions with you.
- Stop taking anti-inflammatories
- Tylenol and Aspirin are safe to use.
- Discontinue iron-containing medications, fiber supplements, vitamins, herbs and fish oil.
- **DON'T** eat any fresh fruits, raw vegetables, corn, seeds, nuts, or red meat.
- **CAN EAT- Examples:** Chicken, soup, eggs, soft tacos, pasta, rice, fish

ONE DAY BEFORE PROCEDURE:

- **Drink plenty of clear liquids ONLY; throughout the entire day to facilitate cleaning and to stay hydrated.**
- **Clear liquids ONLY.** See **Clear Liquid Diet Guidelines** on the next page.
- **NO solid food**, seeds, or dairy products.
- If you have discomfort, cramping, nausea, or bloating, stop drinking the solution temporarily, and drink more slowly when you restart. Take in more clear liquids.
- **Nothing by mouth 4 hours before your procedure.**

DAY OF PROCEDURE:

It may be recommended that you take some of your medications, such as heart, blood pressure, thyroid, breathing, or seizure medicines, on the morning of your exam with small sips of water. The pre-op nurse will discuss this with you.

DO NOT FOLLOW THE DIRECTIONS ON THE LABEL, FOLLOW THE DIRECTIONS BELOW.

It is important to follow the instructions carefully because failure to properly prepare could result in cancellation and rescheduling of your procedure. **Please call the facility where you are scheduled, with any questions.**

You will need to purchase the following from your local pharmacy for the preparation:

- One 10oz. bottles of Magnesium Citrate
- One 238g. bottle of Miralax
- Two 32 oz. bottles of Gatorade (no red, purple, or blue)

One day before your procedure:

In a large water pitcher or container, combine both 32oz. Gatorade bottles, the 10 oz. bottle of liquid Magnesium Citrate, and the 238g. bottle of Miralax, then mix well.

3:00 pm Drink **HALF** of the combined cocktail. Drink 8 ounces every 15-20 minutes until finished.

THEN AT

8:00 pm - Drink the second **HALF** of the combined cocktail. Drink 8 ounces every 15-20 minutes until finished. Continue to drink clear liquids, helps hydration.

**NOTHING BY MOUTH 4 HOURS BEFORE
YOUR PROCEDURE
(INCLUDING WATER OR GUM)**

CLEAR LIQUID DIET GUIDELINES:

- Water (plain, carbonated or flavored)
- Apple or white grape juice
- Fruit-flavored beverages
- Carbonated drinks
- Jell-O (no red, purple, or blue)
- Tea or coffee without milk or cream
- Sports drinks, such as Gatorade (no red, purple, or blue)
- Clear, fat-free broth (bouillon)
- Honey or sugar
- Hard candy, such as lemon drops or peppermint rounds
- Popsicles with no milk, no bits of fruit, no seeds or no nuts (no red, purple, or blue)

CAN'T HAVE:

- Milk or dairy products
- Anything to Eat or drink containing the color red, purple, or blue
- Any alcoholic beverages
- Soups with meat, noodles or vegetables
- NO Orange Juice, lemonade, or anything containing pulp.

NOTE FOR DIABETIC PATIENTS:

A Pre-Op Nurse will provide instructions for the day and evening prior to your procedure. On the morning of your procedure do not take your diabetic medications. REMEMBER to closely monitor your blood sugar levels these two days. Choose sugar-free options from the list above. If you have any concerns about your diabetic medication and/or your blood sugar, please reach out to the doctor that manages your diabetes.

IMPORTANT:

You will be sedated during your procedure and will not be allowed to drive, walk, or use public transportation including (UBER, LYFT, Ride Shares, Taxi's, etc.) to get home. Please make sure that you have a friend or family member with you who can stay at the facility throughout your procedure, who can drive you home, and who is 18 years of age or older.

ADDITIONAL NOTES: