

TWO DAY 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 5PM 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

TWO DAYS BEFORE PROCEDURE:

- **Drink plenty of clear liquids ONLY; throughout the entire day to facilitate cleaning and to stay hydrated.**
- **May have a light lunch: DO NOT eat after 1 pm**
- **Clear liquids ONLY starting at 1pm - See Clear Liquid Diet Guidelines** on the next page.
- 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.

ONE DAY BEFORE YOUR PROCEDURE:

- **FOLLOW THE SECOND (ADDITIONAL) PREP GIVEN BY YOUR PHYSICIAN**
- **CONTINUE TO DRINK CLEAR LIQUIDS ONLY** – throughout the day to maintain hydration.

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

Please call the facility where you are scheduled, with any questions.

Two days before your procedure:

In a large water pitcher or container, combine two 28oz. Gatorade bottles (No RED, PURPLE, or BLUE) and 8.3oz (238g) of Miralax then, mix well.

6:00 pm on DAY 1 –Drink half of the combined cocktail. Drink 8 oz. every 15-20 minutes until finished. Continue to drink clear liquids throughout the evening. **No solid foods once prepping has begun.**

9:00 pm on DAY 1 – If you have **NOT** had a bowel movement by this time, drink the second half of the combined cocktail. Drink 8 oz. every 15-20 minutes until finished.

DAY 2- IMPORTANT

****Follow the additional Prep instructions given by your Physician. ****

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: