

**PREPOPIK BOWEL PREP**

The following instructions are your physician’s specific instructions. Please follow the instructions carefully to ensure a successful prep.

You can reach Your Patient Advisor with non-medical prep questions at **800.349.0285**

You can reach your physician’s office at **425.454.4768**

**Special Notes:** If you are taking blood thinner medication such as Coumadin or Plavix, and haven’t spoken to a WAGI nurse, please call our office.

If you are taking a GLP-1 medication (Ozempic, Trulicity, etc.), please hold your weekly or daily dose prior to your procedure. If you have concerns regarding this, please contact your primary care provider.

Five (5) Days Prior to Procedure	Three (3) Days Prior to Procedure	Two (2) Days Prior to Procedure	One (1) Day Prior to Procedure	Day of Procedure
<p><b>Review your prep instructions thoroughly</b></p> <p>Pick up your prescription at your pharmacy. <b>DO NOT</b> follow the instructions given by your pharmacy. <b>ONLY</b> follow the colon preparation instructions provided to you in this packet.</p> <p><b>STOP</b> oil-based and iron supplements.</p>	<p><b>STOP</b> eating any raw fruits, raw vegetables or vegetables containing seeds, corn, popcorn, nuts and seeds.</p> <p><b>STOP</b> any fiber supplements until after the procedure.</p> <p>Purchase clear liquid diet items, and either Vaseline or Desitin for use during prep.</p>	<p>Continue <b>NO</b> raw fruits, raw vegetables or vegetables containing seeds, corn, popcorn, nuts and seeds.</p> <p><b>NO</b> fiber supplements until after the procedure.</p> <p>Confirm arrangements with your friend or family member who will be <b>DRIVING YOU HOME</b>.</p>	<p><b>ONCE YOU WAKE UP, YOU MUST ADHERE TO THE CLEAR LIQUID DIET.</b> Drink 16 ounces of water in the morning and 16 ounces of water in the afternoon; drink additional clear liquids as needed to avoid dehydration.</p> <p><b>Prep at a Glance</b>  <b>5pm</b> - Take first dose of prep solution.</p> <p><b>Follow detailed, step-by-step instructions continued on page 2.</b></p>	<p>Take second dose of prep solution as detailed on page 3.</p> <p>Please take all daily blood pressure medications with water <b>at least 3 hours</b> prior to your procedure.</p> <p><b><u>Nothing by mouth 3 hours prior to your procedure.</u></b> This includes water, gum, hard candy, lozenges, mints, and tobacco products. You may brush your teeth, but do not swallow.</p> <p><i>If you have anything in your mouth during the 3 hours prior to your procedure, your appointment may be rescheduled.</i></p>

**THE DAY BEFORE YOUR PROCEDURE**

**ONCE YOU WAKE UP, YOU MUST ADHERE TO THE CLEAR LIQUID DIET. Drink plenty of water throughout the day to avoid dehydration.**

**CLEAR LIQUID DIET** (No liquids with red or blue dye)

- Bouillon/Broth: chicken, beef or vegetable
- Juice: apple, white cranberry, white grape
- Water: plain or flavored
- Soda: Sprite or 7-Up
- Other: Gatorade, Crystal Light, Pedialyte, coffee, tea (Do NOT add milk, cream or non-dairy creamer; you may add sugars or other sweeteners if desired)
- Popsicles: orange, lemon, lime
- Jell-O: orange, lemon, lime
- Candy: hard candy such as LifeSavers, suckers, gummy bears
- **NO ALCOHOL**

**1**

**5pm** the day prior to your procedure

- Fill the dosing cup provided with cold water up to the second (5oz) line on the cup.

**2**

**5pm** the day prior to your procedure

- Pour the contents of ONE (1) packet. Stir for 2-3 minutes until dissolved. **Drink the entire contents.**

**3**

**After you finish Steps 1 and 2**

- Follow with five (5) 8oz drinks of clear liquid, taken at your own pace, within the next 5 hours.

*Diarrhea should start within one hour of the first dose, but may take 5-6 hours, depending on the person. If you have not had a bowel movement by midnight, and you DO NOT have chronic kidney disease or kidney failure, you should obtain a bottle of magnesium citrate (296mL) from your local pharmacy and drink the entire bottle. You may experience irritation to the anal area due to the diarrhea. If you experience anal discomfort, you may use pre-moistened towelettes (Cottonettes). You may also apply Vaseline or Desitin to the peri-anal area after each bowel movement to minimize irritation.*

## THE DAY OF YOUR PROCEDURE

**NO FOOD until after your procedure.** Drink plenty of water throughout the day to avoid dehydration.

# 4

### 5-6 Hours Prior to Leaving Home

- Repeat Steps 1 and 2, using the contents of the other packet. Drink the entire contents.
- Follow with three (3) 8oz drinks of clear liquid, within the next 3 hours. You must take nothing by mouth **three hours before your procedure.**

*You should be passing clear stool.*

### The Day of the Procedure

#### 3 hours before your procedure

- If you take daily medication, you must take it with **small sips of water only, at least 3 hours before** your procedure
- Nothing to eat or drink until after your procedure
- Do not use chewing tobacco, gum, lozenges, candy, or breath mints
- If you are not passing clear stool at this point, call the office for additional guidance at 425.454.4768.

#### Please bring to your procedure

- A responsible driver to take you home. You will not be allowed to walk or drive home.
- Insurance cards and photo ID—you will be asked to present these at EVERY visit to our office
- Inhaler—if you use an inhaler, please bring it with you
- If you wear dentures, hearing aids, contact lenses, or glasses please bring a case for safe storage during your procedure. Glasses and contacts are required to be removed for all procedures. (Dentures will only need to be removed for an upper endoscopy).

**You must arrange for a responsible licensed driver to take you home after your procedure and assist you with follow-up care. You cannot walk home, drive, operate any machinery, or go to work for at least 12 hours after your examination. Failure to have a ride arranged to take you home will result in your appointment being rescheduled. Alcohol and sedatives should be avoided for 24 hours after the procedure.**

## FREQUENTLY ASKED QUESTIONS

### **What is a clear stool?**

A clear stool can have a slight tint of yellow or brown. It will be completely transparent, and will not contain any solid matter. The bottom of the toilet can be seen through clear stool.

### **I am not having bowel movements, what should I do?**

Bowel movements can take up to 2 hours to start after beginning the prep, but may take 5-6 hours, depending on the person. Be patient, continue to drink clear liquids. If you have not had a bowel movement by midnight the night prior to your procedure, and you DO NOT have chronic kidney disease or kidney failure, you should obtain a bottle of magnesium citrate (296mL) from your local pharmacy and drink the entire bottle.

### **The prep is making me nauseous, what should I do?**

If you develop nausea or vomiting, slow down the rate at which you drink the solution. Please attempt to drink all of the laxative solution even if it takes you longer. If vomiting persists, or you are not able to finish the preparation, stop the preparation and call your physician's office for further instructions.

### **What are some high fiber foods I should avoid?**

Raw fruits and vegetables are typically high in fiber, as well as nuts, seeds, whole grain breads, beans and lentils.

### **If I eat popcorn or seeds 3 days before my procedure, do I need to reschedule?**

You will not need to reschedule your procedure, however the seeds or nuts may cause a difficulty in screening and require a need for rescreening. If you have eaten a large amount of seeds or nuts, you may want to contact the nurse or physician.

### **Can I drink ALCOHOL on the liquid diet?**

Alcohol is not allowed as part of the clear liquid diet.

### **Can I continue to be on the liquid diet after I begin consuming the laxatives?**

Yes, we encourage you to continue the clear liquid diet until you are directed to discontinue anything by mouth, which is typically **three (3) hours** before the procedure.

### **Why do I have to wake up so early for the second dose, can't I take it all the night before?**

A split prep has proven to be the most effective for a successful colonoscopy. It is essential that you follow the directions provided with your prep medications.

### **If I weigh under 100 pounds, do I need to take all of the prep?**

The liquid amount is not weight dependent. It is important to finish the prep for a successful colonoscopy.

**DIABETES MANAGEMENT INSTRUCTIONS**  
*Follow only if you have Type I or II diabetes*

These are general guidelines. Please call the health care provider who manages your diabetes if you have an insulin pump or if you have specific questions or concerns.

For people with diabetes, any procedure that causes you to miss a meal will require special planning to safely manage your blood sugar. It is important to reduce your diabetes medications and monitor your blood sugar while you are doing the bowel prep for colonoscopy. You should check your blood glucose before all meals and at bedtime on both the prep and procedure days. Also, check your blood glucose anytime you have symptoms suggesting possible low or high blood glucose.

For patients on insulin: We recommend taking half your usual dose on the day before your procedure. Check your blood sugar at the usual times during the day. If your reading would normally prompt you to take an additional dose of regular insulin, we would recommend taking half the amount you would normally take for that reading. Do not take any insulin on the morning of your procedure. After the procedure, you will be resuming a regular diet and can resume insulin according to your usual schedule at that time.

For patients on oral diabetes medications: We recommend taking half your usual dose on the day before your procedure. Do not take any diabetes medications on the day of your procedure, until after its complete.

Diabetic patients should schedule appointments for early in the day so that you can eat afterwards and take your medications as close to the usual time as possible.

Clear liquid food choices for the day before colonoscopy:

**Aim for 45g of carbohydrates at meals; 15-30g of carbohydrates for snacks.**

- Remember to avoid red colored foods.
- Carbohydrate count for various clear liquid choices:
  - Apple juice (4 ounces) - 15g carbohydrates
  - White grape juice (4 ounces) - 15g
  - Sports drinks such as Gatorade (8 ounces) - 14g
  - Jell-O (½ cup regular sweetened) - 15g
  - Popsicles - 15g
  - Sugar (1tsp to sweeten coffee or tea) - 4g

Clear liquid items without carbohydrates include broth and other clear soups, diet soda, coffee, tea, seltzer and flavored water.