

## PREPOPIK BOWEL PREP

To ensure the best possible results from your colonoscopy, please follow these specific instructions from your physician. A clean colon allows your care team to perform the procedure accurately. If your colon is not sufficiently clean, we may need to reschedule your appointment.

### Non-medical prep questions:

- Call Gifthealth at - 833-614-4438 or e-mail them at [Care@gifthealth.com](mailto:Care@gifthealth.com).
- If you don't use Gifthealth, call clinic numbers listed above.

### Urgent medical questions:

- During business hours (7 am to 5 pm), call clinic numbers listed above.
- During non-business hours (5 pm to 7 am), there is an on-call physician available.

## DAYS BEFORE YOUR PROCEDURE

### Special Notes:

- If you are taking **blood thinner** medication such as Coumadin or Plavix and haven't spoken to a WAGI nurse, please contact the clinic.
- If you are taking a **GLP-1 medication** (Ozempic, etc.,) stop weekly doses at least 7 days before, or daily doses the day before, your procedure (unless instructed otherwise by our office). If you have concerns regarding this, please contact your primary care provider.
- If you are taking **SGLT2 Medications** (Jardiance, etc.), hold for 3 days prior to procedure. If you have concerns regarding this, please contact your primary care provider.
- If you have a **Pacemaker, an AICD, or any other implanted medical device (except the Inspire device)** and haven't spoken to a WAGI nurse, please contact the clinic.
- **If you have diabetes**, follow diabetic management instructions on page 5.

### Driver Confirmation & Instructions:

Your driver should plan to be on-site for 1-2 hours. Drivers may briefly leave the premises with reception's approval. For procedures starting after 3 PM, drivers must remain in the waiting room. If you require a taxi, ride-share, or medical transport, please schedule your procedure no later than 2 PM.

### 7 days before your procedure

- **STOP** using any iron and fiber supplements
- Make sure you have picked up your prescription at your local pharmacy. Do not use the prep instructions from the pharmacy. Please use the WAGI instructions.
- **Purchase** the following:
  - Magnesium Citrate: One 10 oz bottle (if you have chronic kidney disease/failure **do not** purchase).
  - Items for the clear liquid diet (see page 2).
  - Optional: Vaseline/Desitin and baby wipes (for skin irritation). Adult diapers (if concerned about leakage).

### 3 days before your procedure

- **STOP** eating any raw fruits, raw vegetables, vegetables containing seeds, popcorn, nuts, and seeds.

### 2 days before your procedure

- Continue no raw fruits, raw vegetables, vegetables containing seeds, popcorn, nuts, and seeds.

**See page 2 for instructions to follow the day before the procedure.**

## THE DAY BEFORE YOUR PROCEDURE

**Diet of clear liquids only. NO SOLID FOOD!**

**Do not use marijuana (THC products) or alcohol.**

**To prevent dehydration, drink additional clear liquids before and throughout your prep, even while consuming the prep solution.**

### CLEAR LIQUID DIET

**Avoid:**

- **Milk, dairy, creamer**
- Juices with pulp
- **RED or PURPLE items**
- Alcohol

**Approved:**

- Soda, black coffee, tea, water
- Clear juices (no pulp), fitness waters
- Popsicles
- Low sodium chicken, vegetable, and beef broth
- Gelatin (e.g., Jell-O)



### Approximately 5 pm-7 pm:

- Fill the provided cup to the 5 oz line with cold water.
- Pour the contents of one packet into the cup of water. Stir for 2-3 minutes until dissolved.
- **Drink** the prep.
- **Drink five**, 8 oz glasses of clear liquids within the next 5 hours (40 oz total).

**Note:**

Diarrhea typically starts within one hour of the first dose, but it may take up to six hours. If you **haven't had a bowel movement six hours after drinking the prep**, drink the Magnesium Citrate solution. If you have chronic kidney disease/failure, do not take magnesium citrate; instead, continue to drink clear liquids.

If you experience irritation in the anal area, use baby wipes and apply Vaseline/Desitin after each bowel movement.

**See page 3 for instructions to follow the day of the procedure.**

## THE DAY OF YOUR PROCEDURE

### Diet of clear liquids only. NO SOLID FOOD!

To prevent dehydration, drink additional clear liquids in addition to your prep solution up until 3 hours prior to your procedure. Do not use marijuana (THC products) or alcohol.

#### 5-6 hours prior to your procedure:

- Fill the provided cup to the 5 oz line with cold water.
- Pour the contents of the second packet into the cup of water. Stir for 2-3 minutes until dissolved.
- **Drink** the prep.
- **Drink three**, 8 oz glasses of clear liquids within the next 3 hours (24 oz total).
- If you drank all the prep but your stool is not clear, drink all the magnesium citrate solution now (if you haven't already).
- Continue drinking clear liquids until **3 hours prior** to your procedure.
- Take your regularly prescribed medications unless you were advised to stop. This includes blood pressure medication.

**3 hours prior to your procedure: Do not put anything in your mouth**, including gum, lozenges, candy, mints, or chewing tobacco.

#### How will I know if I'm ready for the procedure?

- After drinking all your prep, your bowel movements should be all liquid yellow and clear like picture #4 or #5. You should be able to see through to the bottom of the toilet.
- If your bowel movements are solid or look like pictures #1, #2, or #3, you are not prepped and need to call our office during normal business hours to reschedule.



#### Bring the following to your procedure:

- A responsible driver to take you home. **You will not be allowed to walk, take the bus, or drive home.**
- Insurance cards and photo ID.
- Your completed Patient Information Form (PIF) with your medications listed.
- Inhaler: if you use an inhaler, please bring it with you
- Dentures, hearing aids, glasses: Please bring storage cases if you wear these items, as they may need to be removed during your procedure.

For your safety, a **driver must accompany you** home. You cannot drive, operate machinery, or work until the next day. Your procedure will be **rescheduled if you arrive without a driver, unless previously arranged**. If you require a taxi, ride-share, or medical transport your procedure **must** be scheduled no later than 2 pm.

**Weapons are prohibited. Leave valuables at home; we are not liable for lost personal items.**

## FREQUENTLY ASKED QUESTIONS

**If I eat “high fiber” foods 3 days before my procedure, do I need to reschedule?** You don't need to reschedule, but eating seeds or nuts may impact your prep and procedure. If you consumed a lot, please contact our office.

**What high-fiber foods should I avoid?** Raw fruits, vegetables, nuts, seeds, whole grain breads, beans, and lentils.

**What low-fiber foods can I eat?** White bread and rice, pasta made from white flour, chicken, fish, dairy, and eggs.

**Is there any alternate prep I can take?** The prep was assigned to you by your physician. If you have concerns about this prep, call the clinic during normal business hours for guidance.

**I am diabetic and my blood sugar will go too low if I do not eat any solid foods, what should I do?** Please drink liquids with sugar the day before your procedure to maintain your blood sugar.

**Can I drink coffee on a clear liquid diet?** Yes, black coffee without dairy or dairy substitute is ok to drink.

**Can I drink alcohol on a liquid diet?** No, alcohol is not permitted during the liquid diet.

**Can I continue the liquid diet after starting the laxatives?** Yes, drink clear liquids until 3 hours before the procedure.

**The prep is making me nauseous/vomiting. What should I do?** Reduce your drinking pace, chill the solution, and use a straw. Stop and call the clinic during business hours if vomiting continues or you cannot finish the prep.

**I am not having bowel movements, what should I do?** Diarrhea typically starts within one hour of the first dose, but it may take up to six hours. Continue to drink clear liquids to help clean out your colon. If you **haven't had a bowel movement six hours after drinking the prep**, prepare and drink the Magnesium Citrate solution (if no kidney disease/failure). If you do have kidney disease, drink clear liquids.

**I drank all my prep and I'm still not clear, what should I do?**

- If it is more than 3 hours before your procedure, prepare and drink the magnesium citrate (if no kidney disease/failure). If you already drank the magnesium citrate and your prep is not clear, call the clinic.
- If it is less than 3 hours prior to your procedure, do not drink anything and call the clinic.

**Do I have to drink all the solution to cleanse my colon?** Yes, follow all prep instructions carefully and drink the entire solution. The amount of prep needed is not determined by height/weight. A complete cleanse ensures the physician can do a thorough exam. An incomplete cleanse will require your procedure to be rescheduled.

**Why do I have to wake up so early for the second dose?** The first dose clears the bulk of your stool. The second dose clears remaining small pieces of stool. Polyps can be small, flat, and difficult to see if any debris is left in the colon.

**What is a clear stool?** A clear stool is completely transparent, possibly with a slight tint of yellow or brown, and contains no solid matter. You should be able to see the bottom of the toilet.

**Why can't I eat or drink anything 3 hours before my colonoscopy?** Our first concern is your health and safety. You will be given sedatives to help you relax during your colonoscopy. These medications impact your body's ability to hold food and liquid in your stomach. If you have anything in your stomach, there is a risk that food or liquid will travel up into your airway, move into your lungs, and cause an obstruction or an infection in your lungs. Your procedure will be re-scheduled if you do not follow these instructions.

**Can I wear perfume/cologne to my procedure?** No, we are a fragrance-free facility.

**Is it okay to drink alcohol or take my sedative after my procedure?** No, you should avoid alcohol, sedatives, and marijuana (THC products) for 12 hours after your procedure.

## DIABETIC MANAGEMENT INSTRUCTIONS FOR ENDOSCOPY PROCEDURES

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

- Diabetic patients should schedule appointments early in the day so you can eat afterwards and take your medications as close to the usual time as possible.
- 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 preparing for your procedure. You should check your blood glucose before all meals and at bedtime on both the prep (if you are having a colonoscopy) and procedure days. Also, check your blood glucose anytime you have symptoms suggesting possible low or high blood glucose.

**For patients taking 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 taking 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 the procedure is complete.

**For patients taking a GLP-1 medication (Ozempic, etc.):** stop weekly doses at least 7 days before, or daily doses the day before, your procedure (unless instructed otherwise by our office). If you have concerns regarding this, please contact your primary care provider.

**For patients taking a SGLT2 Medication (Jardiance (Empagliflozin), Farxiga (Dapagliflozin), or Invokana (Canagliflozin):** hold for 3 days prior to your procedure (unless instructed otherwise by our office). If you have concerns regarding this, please contact your primary care provider.

### Clear liquid diet options:

- Aim for 45 g of carbohydrates at meals; 15-30 g of carbohydrate for snacks.
- Remember to avoid red and purple colored foods.
- Carbohydrate counts for various clear liquid options:
  - Apple juice (4 oz): 15 g
  - White grape juice (4 oz): 15 g
  - Sports drink such as Gatorade (8 oz): 14 g
  - Jell-O (1/2 cup regular sweetened): 15 g
  - Popsicle: 15 g of Sugar (1 teaspoon to sweeten coffee or tea): 4 g
- Clear liquid items without carbohydrates include: broth and other clear soups, diet soda, coffee (no milk or milk substitutes), tea, seltzer, and flavored water.