



M.A.G.I.C.

Mid-Atlantic G.I. Consultants, P.A.

...Advancing GI care

Colonoscopy and Prep Instructions

Your procedure is scheduled on _____ Time: _____

Please arrive 1 hour prior to your procedure time.

Location of procedure:

Mid-Atlantic Endoscopy Center
Metro Professional Bldg.
4923 Ogletown-Stanton Rd. (Rt. 4)
Ste 100
Newark, DE 19713
302-993-0310

Glasgow Medical Center
Entrance 3, 2nd Floor
2600 Glasgow Ave.
Newark, DE 19702
302-836-8350

Christiana Hospital GI Lab
Station 5
4755 Ogletown-Stanton Rd.
Newark, DE 19718
302-733-1400

Arsht Surgicenter at Wilmington Hospital
12th & Jefferson Streets
Wilmington, DE 19801
302-255-1000

****Important Transportation Note****

Patients cannot drive a vehicle for the remainder of the day after having a colonoscopy. All patients must be accompanied by a responsible adult who can drive him/her home after the exam. The colonoscopy may not begin until the driver is present. Patients may only ride home in a taxi or bus if they are accompanied by a responsible adult.

Please review the following Prep Instructions at least one week prior to your procedure, if possible. The majority of the activity takes place the day before your procedure.

For Video Prep Instructions, please visit:

www.MidAtlanticGI.com



Colonoscopy Bowel Prep Instructions

I. Introduction/Overview

A complete cleansing of the bowel is the most important preparation for an accurate colonoscopy exam. While colon preps are never fun, we have made our prep as simple and effective as possible to ensure a high quality exam. The table below provides an overview of the prep process. The prep details then follow the table.

<i>One week before exam</i>	<i>Two days before exam</i>	<i>PREP DAY: The day before exam</i>	<i>EXAM DAY</i>
Stop certain medications	Avoid high-residue foods	Low-residue breakfast, then start Clear liquid diet and perform cleansing prep	Final laxative dose, then <u>Nothing by Mouth within 4 hrs of exam</u>

II. The Week Before your Colonoscopy

A. One Week before exam: Stop taking the following medications:

ASPIRIN or related NSAIDs, for example bufferin, ecotrin, alleve, naprosyn, motrin, ibuprofen, sulindac. Tylenol or Acetaminophen are ok.

PLAVIX (only if your Cardiologist or Primary Physician approves)

COUMADIN (only if your Cardiologist or Primary Physician approves)

IRON-containing vitamins and medications.

FIBER SUPPLEMENTS such as Metamucil, Fibercon, Citrucel

Note: If your doctor does not allow you to temporarily stop Aspirin, Plavix, and/or Coumadin, please notify your GI doctor immediately so they can decide how to proceed.

B. Two days before exam: Avoid high-residue foods:

Avoid fresh and dried fruit, vegetables, seeds, nuts, cloves, marmalade. Any other type of food is ok. If you make a mistake and eat one of these listed foods, no problem, just continue on with the prep.

III. Prep Day: The day before exam

<i>Overview of the Prep Day</i>			
On Awakening	3 pm	6 pm	9 pm
<p>After breakfast, take <u>only</u> clear liquids by mouth. No solid food.</p>			
<p>-Low-Residue breakfast (as specified below)</p> <p>-Then take only clear liquids by mouth. <u>Strictly, No More Solid Food.</u></p>	<p>-Take 2 prep pills by mouth</p> <p>-Mix ClearLax (entire bottle) + Crystal Light and add 64oz of water. Chill.</p>	<p>-Drink 8oz of ClearLax drink every 20 mins. until you finish the entire 64oz.</p>	<p>-Take 2 more prep pills after finishing 64oz.</p> <p>-Continue drinking clear liquids as tolerated</p>

A. Upon Awakening

For your comfort, we are allowing a low-residue breakfast on the day before your procedure. (see table below). After breakfast, you are required to maintain a Strict No Solid Food regimen until after your colonoscopy. Instead, start a clear liquid diet (see Clear Liquid List below). Medications by mouth are ok.

Drink as many clear liquids as you want. In fact, drink a lot of clear liquids to avoid dehydration and to make the laxative work better. Please avoid red liquids (examples, red Jell-O® or cranberry juice). If you are under fluid restriction, please speak with your doctor to make certain that this prep is right for you.

Low-Residue Breakfast:

No more than:

- 2 eggs (boiled or fried) or
1 oz. cheese
- ½ cup of milk
- 2 slices of white bread/toast
- 1 tsp of butter (if desired)

- **Strictly no substitutions!**
- **Less is ok, but no more than above.**

Clear Liquid List:

- Gatorade®, Powerade® (sports drinks with electrolytes are recommended to help with hydration)
 - Water, tea, or coffee (No cream or milk; sugar is ok)
 - Broth from a can
 - Jell-O®, Popsicles®, water ice (no fruit or cream added)
 - Apple, white grape, or white cranberry juice (No orange, tomato, grapefruit, or prune juice)
 - Soda such as Sprite®, 7-Up®, ginger ale, or any cola
 - Clear hard candy, gum
 - Lemonade (with no pulp), iced tea
 - **Avoid all red liquids—they can look like blood in the colon!**
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[Note: The timing of the next 3 steps can vary for you convenience. For example, the 3p step may begin as early as 2pm, or as late as 4pm. The earlier you can start, the better your sleep may be at night (fewer overnight bathroom interruptions)]

B. 3 pm

Take the first 2 (of 4) prep pills by mouth with clear liquids. Then mix the entire bottle of ClearLax powder and the sleeve of Crystal Light (or other drink flavoring of your choosing) with 64oz. of water. Stir until dissolved and chill with ice and/or refrigerate.

C. 6 pm

Begin drinking 8oz glasses of the ClearLax solution every 20 min. until it is finished. Drinking through a straw may help. If you get nauseated or vomit from too much liquid in your stomach, take a 30 min break and start drinking again at 30 min. intervals.

D. 9 pm

Take the final 2 prep pills after completing the ClearLax solution. Continue drinking as much clear liquid as you can tolerate.

IV. Your Exam Day

A. At least 4 hrs. prior to your scheduled exam time, (this may be very early morning for early exams times)

Pour the 10oz bottle of MagCitrato over ice and drink as much as you can within 10 mins. Again, drinking through a straw may help. The MagCitrato has an agreeable citrus flavor. You may continue drinking clear liquids only (no solid food) until 4 hrs. prior to your procedure. You may take critical medications (high blood pressure, etc.) with clear liquids up to 4 hours before test.

Important: Nothing by Mouth within 4hrs. of your exam time. This includes clear liquids, candy, and gum. Taking anything by mouth within 4 hrs. of exam will cause a delay or cancellation of your procedure!

*****Important Note*****

The Colonoscopy exam is only as good as the colon prep. A good sign that the prep has been effective is the transition to clear, watery bowel movements. If, two (2) hours prior to your scheduled colonoscopy your bowel movements are not clear (that is, if they are still solid or mostly brown), please call us for further instructions at:

302-225-2380 (if before office hours, ask for the GI physician on call)

****Helpful tips:**

- Many patients find that chilling the laxative and drinking through a straw improve tolerance.
- Use the baby wipes included with the prep instead of toilet paper. A small packet of Vaseline is also included in case of a sore bottom!
- Remain close to toilet facilities as multiple bowel movements may occur. The prep often starts working within 30 minutes but may take as long as 3-6 hours.
- The exact times of the cleansing prep are not important. You may vary the start +/- 2 hr. for your convenience. You may sleep better overnight with an earlier start.
- You may take oral medications with water during the prep and up to 4 hours before test.

****Diabetic patients:**

- **Important:** Please contact your doctor to be sure this prep is appropriate for you.
- Hold your diabetic medication the morning of the test.
- Use sugar free drinks for liquids (like Crystal Light) during the prep (to avoid increase in blood sugar) and monitor your blood sugar closely to prevent low blood sugar).

FDA labels for items not in FDA packaging

Bisacodyl (prep pill) Label

Drug Facts	
Active ingredient (in each enteric coated tablet) Bisacodyl, USP 5 mg	Purpose Stimulant laxative
Use ■ for temporary relief of occasional constipation and irregularity. This product generally produces a bowel movement within 6 to 12 hours	
Warnings Do not use if you cannot swallow without chewing	
Ask a doctor before use if you have ■ stomach pain, nausea or vomiting ■ a sudden change in bowel habits that lasts more than 2 weeks	
When using this product ■ do not chew or crush tablet(s) ■ do not use within 1 hour after taking an antacid or milk ■ it may cause stomach discomfort, faintness and cramps	
Stop use and ask doctor if ■ you have rectal bleeding or no bowel movement after using this product. These could be signs of a serious condition. ■ you need to use a laxative for more than 1 week	
If pregnant or breast-feeding, ask a health care professional before use. Keep out of reach of children. In case of overdose, get medical help or contact a Poison Control Center right away.	
Directions take with a glass of water	
adults and children 12 years of age and over	take 1 to 3 tablets in a single daily dose
children 6 to under 12 years of age	take 1 tablet in a single daily dose
children under 6 years of age	Ask a doctor
Other information ■ store at controlled room temperature 15°-30°C (59°-86°F) ■ *This product is not manufactured or distributed by Boehringer Ingelheim Consumer Healthcare products, owner of the registered trademark Dulcolax®.	

Drug Facts (continued)	
Inactive ingredients acacia, anhydrous calcium sulfate, anhydrous lactose, carnauba wax, colloidal silicon dioxide, corn starch, D&C Yellow #10 Aluminum Lake, FD&C Yellow #6 Aluminum Lake, gelatin, iron oxide, iron oxide Black, iron oxide Yellow (iron oxide ochre), magnesium stearate, microcrystalline cellulose, polyethylene glycol (PEG) 400, polyvinyl acetate phthalate, povidone, shellac, sodium starch glycolate, stearic acid, sugar, talc, and titanium dioxide.	

Crystal Light Label

This Product 5 Calories. Leading Beverages 70 Calories.		
Nutrition Facts	Amount/Serving	% DV*
	Total Fat 0g	0%
Serv Size 1/8 packet (2g) (makes 8 fl oz)	Sodium 35mg	1%
Servings 128	Total Carb 0g	0%
Calories 5	Sugars 0g	
	Protein 0g	
*Percent Daily Values (DV) are based on a 2,000 calorie diet.		
Not a significant source of Calories from Fat, Saturated Fat, Trans Fat, Cholesterol, Dietary Fiber, Vitamin A, Vitamin C, Calcium, and Iron.		
INGREDIENTS: CITRIC ACID, POTASSIUM AND SODIUM CITRATE, ASPARTAME†, MAGNESIUM OXIDE, CONTAINS LESS THAN 2% OF NATURAL FLAVOR, LEMON JUICE SOLIDS, ACESULFAME POTASSIUM, SOY LECITHIN, ARTIFICIAL COLOR, YELLOW 5, BHA (PRESERVES FRESHNESS).		
CONTAINS: SOY.		
†PHENYLKETONURICS: CONTAINS PHENYLALANINE		
KRAFT FOODS GLOBAL, INC. NORTHFIELD, IL 60093-2753 USA		