



COLONOSCOPY PREP INSTRUCTIONS

We know it can be challenging getting ready for a colonoscopy, and this handout will help prepare you. Colonoscopy can find pre-cancerous lesions and save lives.

PLEASE READ THIS ENTIRE DOCUMENT 1 WEEK PRIOR TO YOUR COLONOSCOPY

ABOUT COLON CANCER

One out of 16 Americans will get colon cancer. It is the second leading cause of cancer-related deaths in the US. Most survive colon cancer if it is caught early, but only 5% will survive if it is caught late.

There is no single cause for colon cancer, but nearly all colon cancers begin as non-cancerous polyps. A polyp is a small growth on the surface of your colon that can turn into cancer. Colon polyps are mostly asymptomatic. Removing polyps may prevent you from getting colon cancer. If polyps have already become cancerous, catching them early increase your chance of surviving or being cured of colon cancer.

Those at higher risk for colon cancer:

- age >45
- personal history of colon polyps
- family history of colon cancers or polyps

These are associated with higher risk of developing colon polyps: smoking, excess alcohol consumption, obesity, high-fat diet

HOW DOES A COLONOSCOPY WORK?

The purpose of a colonoscopy is to look inside the colon for polyps and remove them, or to evaluate for other conditions such as blood loss, diarrhea, and inflammation.

Colonoscopy is well-tolerated and painless. Before the procedure starts, you will be completely sedated (asleep) by anesthesia staff while monitoring your vital signs throughout the procedure.

The endoscope is a flexible tube with a light and camera at the tip. A small amount of air is used to inflate the colon to allow a good look. The images from the camera go to a TV monitor to allow the doctor to see inside your colon. The doctor will look for polyps, cancer, and any other abnormalities throughout your colon. If polyps are found, the doctor will remove them if possible. A colonoscopy takes about 20-30 minutes to complete.

Afterwards, you will recover from anesthesia for about 30-45 minutes. You will need someone to escort you home after your procedure.

If you are a woman of child bearing age, you may be required to take a urine pregnancy test prior to your procedure. Refusal to do so may result in a cancellation of your procedure.

The MOST IMPORTANT thing you can do is empty out your colon by following the diet and prep instructions, as outlined in this handout, before your procedure. If you come to your procedure cleaned out, then we can make this a “one and done”. “One and Done” means just that— let’s do this once, let’s do it right, and let’s be done with it, at least for several years. Then we can avoid the inconvenience of asking you to come back soon to repeat the test. If you are not adequately cleaned out for the procedure, then we may have to bring you in sooner for a colonoscopy.

Your bowel must be clean so that your doctor can thoroughly examine your colon. Many patients feel that the bowel prep is the most difficult part of a colonoscopy, but it is important that you try your best to fully complete the prep.

Up to 20% of colonoscopies are incomplete due to an inadequate prep and inability to see the colon clearly. This can increase risk of complications and possibly miss pre-cancerous growths called polyps. If a prep is inadequate then a repeat colonoscopy is usually recommended within 1 year.

WHY IS IT SO IMPORTANT TO GET CLEANED INSIDE WITH THE PREP?

The doctor must be able to see in order to do a good quality colonoscopy. If your colon is dirty, then he or she will not be able to see important things like polyps. This may result in repeating the test again.

THINK OF IT THIS WAY:

A clean colon is like driving on a country road on a sunny day.



A dirty colon is like driving in a snowstorm.



IS MY PREP WORKING?

-You will know your prep is working and complete if the stool/waste coming out looks like the clear liquid diet you have been eating → **CLEAR!**, **WITHOUT** particles. You know you are done if you have finished **BOTH** parts of the prep and the stool coming out is **yellow, light, liquid, and clear-like urine**. You must finish all of the prep, even if your stool looks clear earlier than expected.

-**NOT OK:** dark and murky; brown and murky; dark-orange & semi-clear;

-**ALMOST THERE:** light orange and mostly clear

The current standard of care is to use a “split-dose” preparation. This method of preparation has been proven to improve the colon prep quality and decrease the need for earlier-than-needed repeat colonoscopies. It may be slightly more inconvenient for patients than the day-before prep. For the “split-dose” regimen, a

standard dose of bowel preparation is split between the day before and the morning of colonoscopy. With less amount of liquid ingested at one time, it can also decrease rates of nausea, and abdominal discomfort.

Diet

It is recommended that for 3 days prior to colonoscopy, one should go on an **low-residue diet**, which limits high-fiber foods, like whole-grain breads and cereals, nuts, seeds, raw or dried fruits, and vegetables.

Here is a list of what you ***can't*** eat:

- Coconut, seeds, and nuts, including those found in bread, cereal, desserts, and candy
- Whole-grain products, including breads, cereals, crackers, pasta, rice, and kasha
- Raw or dried fruits, like prunes, berries, raisins, figs, and pineapple
- Most raw vegetables, including tomatoes
- Certain cooked vegetables, including peas, broccoli, winter squash, Brussels sprouts, cabbage, corn (and cornbread), onions, cauliflower, potatoes with skin, and baked beans
- Beans, lentils, and tofu
- Tough meats with gristle, and smoked or cured deli meats
- Cheese with seeds, nuts, or fruit
- Crunchy peanut butter, jam, marmalade, and preserves
- Pickles, olives, relish, sauerkraut, and horseradish
- Popcorn
- Fruit juices with pulp or seeds, prune juice, and pear nectar

The DAY before colonoscopy, it is recommended to eat a light, low-residue breakfast before 10 AM, then clear liquid diet for lunch and dinner. It is important to avoid dehydration before and during bowel prep. Drink more fluids than usual the day before colonoscopy, prior to starting your bowel preparation.

Clear Liquid diet:

- clear broth, tea, gelatin desserts, ginger ale, sherbet, and clear fruit juices (the ones you can see through), such as apple juice.
- You need to LIMIT (but not avoid) gelatin desserts and liquids that are red.

Additional Fluids okay to drink before and during colon prep:

Powerade, Gatorade, water, flavored water, lemonade, clear fruit juices, sparkling water, carbonated clear liquid beverages, or any clear liquid beverages. Do not drink a lot of caffeinated beverages as it can lead to worsening dehydration.

Please do NOT drink "energy" drinks for 24 hours prior to procedure. Do NOT drink alcohol during this time.

Bowel/colon preparation:

Your physician will choose one of the following bowel cleansing preparations that is best for you. Please follow the directions that are associated with that specific prep listed on the next 2 pages.

There are several bowel prep options available and your doctor will work with you to select the one he or she thinks is most appropriate for you.

If you have a history of constipation please let our office staff know so we can possibly add medications to help give a good prep.

With all bowel preparations, the 1st dose should start before 6 pm the night before colonoscopy is scheduled. Please follow instructions for the prep you have been assigned to take prior to your procedure.

The 2nd dose of the preparation must start NO sooner than 6 hours to the scheduled arrival time for colonoscopy. The 2nd dose of prep MUST be finished, per instructions, AT LEAST 4 HOURS prior to the arrival time for your procedure.

You may not have any food or liquids for AT LEAST 4 HOURS before your scheduled arrival time.

{for example, your colonoscopy is scheduled for 9 am with arrival time of 8 am. You must start drinking the 2nd dose of prep at 2 am or later, but have all of that part of the prep finished by 4 am}

BLOOD THINNING MEDICATION

The physician needs to know of all medications you are currently taking, especially any **blood thinning medications**. Those include Coumadin (warfarin), Plavix (clopidogrel), Xarelto (rivaroxaban), Pradaxa (dabigatran), Eliquis (apixaban), Lovenox (enoxaparin), Brillinta (ticagrelor). These medications may increase the risk of excessive bleeding and may need to be stopped or adjusted prior to the date of your exam.

IF YOU HAVE NOT DISCUSSED THESE MEDICATIONS WITH OUR OFFICE, PLEASE CALL FOR FURTHER INSTRUCTIONS. IF YOU ARE ON ANY BLOOD THINNING MEDICATIONS, YOU WILL NEED TO SPEAK WITH THE DOCTOR WHO PRESCRIBED THOSE TO SEE IF THEY CAN BE STOPPED FOR A FEW DAYS PRIOR TO YOUR SCOPE.

THERE IS NO NEED TO STOP ASPIRIN OR NSAID MEDICATIONS (MOTRIN, IBUPROFEN, ALEVE) IF YOU NEED TO TAKE THESE ON A REGULAR BASIS.

DIABETIC MEDICATION

The day BEFORE your procedure, only take ½ of your normal dose that morning. Then take NO MORE medication until after your colonoscopy. So, you will not take

any diabetic medication the day of your colonoscopy. Please confirm this with your prescribing physician if you have any questions or concerns.

HIGH BLOOD PRESSURE MEDICATION

On the day of your procedure, take your blood pressure medication 4 hours prior to your procedure with a small sip of water.

DIET MEDICATION

Please notify us if you are taking any type of prescription or OTC diet pills. These medications may need to be stopped **2 weeks** prior to your appt.

- [Moviprep \(PEG-3350, sodium sulfate, sodium chloride, ascorbic acid\)](#)

(mix in the morning and chill in refrigerator)

1st dose- About 5 pm the evening prior to colonoscopy, drink 1 liter of prep over 15-30 minutes followed by 1 1/2 more liters (50 oz.) of beverage of choice gradually over next 60-90 minutes. (see list)

Mix the 2nd dose and chill in refrigerator.

2nd dose- MUST BE STARTED 6 HOURS PRIOR TO ARRIVAL TIME. Drink 1 liter of prep over 15-30 minutes followed by 1 more liter (about 34 oz.) of beverage of choice gradually over next 60-90 minutes. Make sure you finish everything within 4 HOURS OF ARRIVAL TIME for colonoscopy.

- [Suprep \(sodium sulfate, potassium sulfate, magnesium sulfate\)](#)

(mix in the morning prior to colonoscopy and chill in refrigerator)

1st dose- About 5 pm the evening prior to colonoscopy, drink 16 oz. of prep mixed with water in 15-30 minutes followed by 1 liter (about 32 oz.) of beverage of choice gradually over next 60-90 minutes. (see list)

Mix the 2nd dose and chill in refrigerator.

2nd dose- MUST BE STARTED 6 HOURS PRIOR TO ARRIVAL TIME. Drink 16 oz. of prep mixed with water over 15-30 minutes followed by 1 more liter (about 32 oz.) of beverage of choice gradually over next 60-90 minutes. Make sure you finish everything within 4 HOURS OF ARRIVAL TIME for colonoscopy.

- [NuLYTELY; Trilyte \(PEG, Sodium bicarbonate, sodium chloride, potassium chloride\)](#)

(mix in the morning prior to colonoscopy and chill in refrigerator)

1st dose- Around 5 pm the evening prior to colonoscopy, drink 2-3 liters of prep over 60-90 minutes. Then drink as much clear liquids as possible to stay hydrated(see list)

Place back into the refrigerator to chill.

2nd dose- MUST BE STARTED 6 HOURS PRIOR TO ARRIVAL TIME. Drink another 1 liter and more if able over 60-90 minutes. Again, it is good to drink clear liquids to stay hydrated, but make sure you finish everything and stop drinking liquids within 4 HOURS OF ARRIVAL TIME for colonoscopy.

- [Miralax-based Colonoscopy Preparation](#)

The miralax prep is **NOT FDA approved**, but may be an alternative for patients who have had trouble tolerating other colon preps.

Purchase:

1. Dulcolax (Bisacodyl) tablets. Will need 4 (sold as a box of 10).
2. Miralax (polyethylene glycol) 8.3 ounce bottle (238 grams) [14 doses]
3. get 2 64 oz. bottles (1.9 L) of Gatorade or Powerade
4. purchase 10-ounce (296 mL) bottle of magnesium citrate

Directions:

-at 12:00 pm the day BEFORE your scheduled colonoscopy, pour the entire bottle of Miralax into the 64 oz. bottle of Gatorade/Powerade (“miralax prep”)

-around 5:00 pm the day BEFORE your colonoscopy, take all 4 dulcolax tablets, and drink the bottle of magnesium citrate.

-at 6:00 pm the day BEFORE your colonoscopy, start drinking the Miralax prep that has time to chill. (DO NOT ADD ICE) Drink one 8 oz. glass every 15 minutes until half of the prep is finished.

-then drink at least 4 more 8 ounce glasses of clear liquids (see list above) over the next 2 hours to stay hydrated while the prep is working.

-on the day OF colonoscopy, 6 hours before the procedure, drink the remainder of the Miralax prep (approximately) 1 liter or one 8 oz. glass every 10-15 minutes until finished, within 90 minutes. Make sure to have NOTHING BY MOUTH and finish everything within 4 HOURS OF ARRIVAL TIME for colonoscopy.

- [CLENPIQ \(Sodium picosulfate, magnesium oxide, and anhydrous citric acid\)](#)

1st dose taken between 5-8 pm the night before colonoscopy, drink the 5.4 oz. bottle of prep followed by 40 oz. of clear liquids (see list above) over the next 4 hours.

2nd dose- MUST BE STARTED 6 HOURS PRIOR TO ARRIVAL TIME. Drink the 5.4 oz. bottle followed by 24 oz. of clear liquids (see list above) over the next 2 hours. Again, it is good to drink clear liquids to stay hydrated, but make sure you finish everything and stop drinking liquids within 4 HOURS OF ARRIVAL TIME for colonoscopy.

- [OsmoPrep \(sodium phosphate monobasic monohydrate, and sodium phosphate dibasic anhydrous\) PILL PREP](#)

In some cases, you may be able to use the pill bowel prep (osmoprep). This prep does have a **black box warning** and patients with any kidney disease, high blood pressure, or diabetes, on ACE inhibitor medications, CANNOT take the prep due to risk of kidney failure. Kidney failure can occur with this prep even in people with healthy kidneys not on these medications. It is very important to hydrate well when taking this prep to reduce this risk.

Directions:

1st dose – about 5PM the evening prior to your colonoscopy, take 4 tablets with 8 oz. of any clear liquid every 15 minutes, for a total of 5 doses (20 tablets). Continue clear liquids

2nd dose – MUST BE STARTED 6 HOURS PRIOR TO YOUR ARRIVAL TIME. Take 4 tablets with 8 oz. of clear liquids every 15 minutes, for a total of 3 doses (12 tablets). Again, it is particularly important with this prep to drink lots of clear liquids to stay hydrated, but make sure you finish everything and stop drinking liquids within 4 HOURS OF ARRIVAL TIME for colonoscopy.

PLEASE CALL OUR OFFICE (502-452-9567) OR THE ENDOSCOPY CENTER (502-636-2003) WITH ANY QUESTIONS OR CONCERNS.