

## 2 DAY BOWEL PREP AM


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: **(409) 833-5858 Option 3**

**Cancellation Policy:** If you need to cancel or reschedule your appointment, please make sure you contact us 3 business days before your procedure. **SEE PAGE 5 FOR CONTACT INFORMATION.**

**DIABETICS:** Take ½ (one-half) of their diabetic medication(s) the day before the procedure and hold diabetic medication(s) the day of the procedure, unless otherwise specified by your physician. Bring diabetic medication(s) with you to take after your procedure.

7 days prior to procedure	3 days prior to procedure	2 days prior to procedure	1 day prior to procedure	Day of procedure
<p><b>Review your prep instructions thoroughly.</b></p> <p><u>IF YOU ARE ON BLOOD THINNING MEDICATION:</u> Please follow the instructions provided by your gastroenterologist regarding if/when they should be discontinued before your procedure. If you are unsure, please call your gastroenterologist. You may continue all medications <b>unless otherwise instructed.</b></p>	 <p><b>STOP</b> eating any raw vegetables or vegetables containing seeds, corn, popcorn, nuts, and seeds and stop any fiber supplements until after the procedure.</p> <p>Purchase clear liquid diet items, ointment, reading material, etc.</p>	<p><b>NO SOLID FOODS, CLEAR LIQUIDS* ONLY</b> upon rising, until after your procedure. A clear liquid diet is necessary for a colonoscopy.</p> <p>You need to arrange for a driver (your driver must check in with you and remain in the lobby during your exam). <b>The procedure WILL NOT be done without a driver present.</b></p> <p><b>Prep at a Glance</b>  <b>6:00 pm</b> take 2 Bisacodyl  <b>7:00 pm</b> take 32oz of prep solution</p>	<p><b>NO SOLID FOODS, CLEAR LIQUIDS* ONLY</b> upon rising, until after your procedure. A clear liquid diet is necessary for a colonoscopy.</p> <p><b>Prep at a Glance</b>  <b>9:00 am</b> take 4 Bisacodyl  <b>4:00 pm</b> take 32oz of prep solution  <b>7:00 pm</b> take 32oz of prep solution</p> <p>Drink plenty of water and liquids throughout the day to avoid dehydration.</p> <p>Detailed, step-by-step instructions continue on page 3.</p>	<p>Nothing by mouth <b>3 hours</b> prior to your procedure.</p> <p><b>NO GUM OR HARD CANDY</b></p> <p><b>NO SMOKING THE DAY OF THE PROCEDURE.</b></p> <p><b>YOU MAY BRUSH YOUR TEETH BUT DO NOT SWALLOW</b></p> <p><b>*If you take daily medication, you may take it with SMALL SIPS OF WATER ONLY, at least 3 hours before your procedure.</b></p>

**\*Clear Liquid Diet Details: NO RED PURPLE OR ORANGE. NO DAIRY**

**Approved**

Sodas, coffee, tea  
 Clear juices, fitness waters  
 Chicken, vegetable and beef broth  
 Gelatin  
 Popsicles without pulp

**Avoid**

No milk/dairy  
 No juices with pulp  
 Popsicles with pulp  
**NO RED PURPLE OR ORANGE.**



### Bowel Prep 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.

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

Bowel movements can take up to 5-6 hours after beginning the prep to start. Be patient, continue to drink liquids. If you have not had a bowel movement by midnight the night prior to your procedure, you will need to reach the on call physician for further instructions.

#### 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 and beans and lentils.

#### What are some good options for low fiber foods?

Choose white bread and white rice for lower fiber options, as well as pastas made with white flour. Chicken, fish, dairy and eggs are also low in fiber and good choices for foods 2-3 days before you begin your prep.

#### 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 liquid diet.

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

Yes, you may continue the liquid diet until you are directed to discontinue anything by mouth, which is typically 4-6 hours prior to the procedure.

#### Why do I have to wake up at so early for the 2<sup>nd</sup> 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.

## 2 DAY BOWEL PREP AM

### Prep Day: Two days before your procedure

**No solid foods** upon rising, until after your procedure. Drink plenty of water throughout the day to avoid dehydration.

1

**6:00 PM** two days prior to your procedure  
Take 2 Bisacodyl with a glass of water.



2

**6:00 PM** two days prior to your procedure  
Mix the three packets of sugar free drink mix powder with 64 oz. (1/2 gallon) of water and chill in the refrigerator.



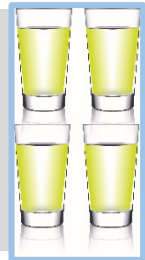
3

**7:00 PM** two days prior to your procedure  
Mix together the **ENTIRE FIRST BOTTLE** (8.3oz/238g) of Polyethylene Glycol 3350 with **64 oz.** of chilled drink mix.



4

**7:00 PM** two days prior to your procedure  
Drink an 8 oz. glass of the solution every 10-15 minutes until you have finished drinking **HALF OF THE MIXTURE (32 oz.)**. You will drink a total of 4 glasses in this step.  
**You need to complete this step within 1-2 hours.**



*Individual responses to laxatives vary. This preparation will cause multiple bowel movements, stay close to a bathroom.*

### Prep Day: The day before your procedure

**No solid foods** upon rising, until after your procedure. Drink plenty of water throughout the day to avoid dehydration.

**Diabetics: Check your blood sugar 3-4 times during the day and BEFORE leaving home the day of your procedure. The nurse WILL ask for the results.**

5

**9:00 AM** the day prior to your procedure  
Take 4 Bisacodyl with a glass of water.

**\*Please note you will only need 6 tablets total.  
(Please dispose of the extra tablets)**



## 2 DAY BOWEL PREP AM

6

**4:00 PM** the day prior to your procedure

Drink the other **HALF OF THE MIXTURE (32 oz.)** from yesterday. Drink an 8 oz. glass of the solution every 10-15 minutes. You will drink a total of 4 glasses in this step.

**You need to complete this step within 1-2 hours.**



7

**6:00 PM** the evening prior to your procedure

Mix the three packets of sugar free drink mix powder with 64 oz. (1/2 gallon) of water and chill in the refrigerator.



8

**7:00 PM** the evening prior to your procedure

Mix together the **ENTIRE SECOND BOTTLE (8.3oz/238g)** of Polyethylene Glycol 3350 with **64 oz.** of chilled drink mix.

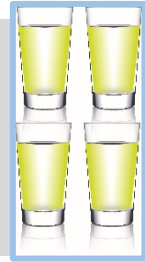


9

**7:00 PM** the evening prior to your procedure

Drink the **HALF OF THE MIXTURE (32 oz.)** Drink an 8 oz. glass of the solution every 10-15 minutes. You will drink a total of 4 glasses in this step. You can discard the rest.

**You need to complete this step by 10 PM**



### THE DAY OF YOUR PROCEDURE

- You may continue clear liquids until **3 hours** prior to your arrival time.
- **DIABETICS:** Check your blood sugar before leaving home (the nurse **WILL** ask for the results).
- You may take your blood pressure medication with a small sip of water.
- Your driver must remain in the lobby during your exam.
- If you use an inhaler, bring it with you to your procedure.
- Only light makeup should be worn.
- Please do not wear any jewelry.
- Bring insurance cards.
- Be prepared to pay your copay.

### IMPORTANT PHONE NUMBERS:

If you have any questions or concerns about the preparation, please contact Your Patient Advisor by calling 800-349-0285 or emailing support@yourpatientadvisor.com.

If you have any medical questions or concerns, please call (409) 833-5858 Option 3 for our scheduling department.

## 2 DAY BOWEL PREP AM

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### RESCHEDULE/CANCELLATION INFORMATION

If you need to cancel or reschedule your appointment, please make sure you contact us 3 business days before your procedure:

- Please call SOUTHEAST TEXAS GASTROENTEROLOGY SCHEDULING at (409) 833-5858 OPTION 3 to cancel or reschedule.

AND

- If your procedure is at THE ENDOSCOPY CENTER OF SOUTHEAST TEXAS, please call (409) 833-5555 to cancel.
- If your procedure is at CHRISTUS ST. ELIZABETH HOSPITAL, please call (409) 899-8315 to cancel.
- If your procedure is at BAPTIST BEAUMONT HOSPITAL, please call (409) 212-6760 to cancel.