



STANDARD 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: **(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 4 FOR CONTACT INFORMATION.**

7 days prior to procedure	3 days prior to procedure	2 days prior to procedure	1 day prior to procedure	Day of procedure
<p>Review your prep instructions thoroughly.</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 unless otherwise instructed.</p>	 <p>STOP 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>Continue a low fiber diet. Remember to avoid foods with nuts and seeds.</p> <p>You need to arrange for a driver (your driver must check in with you and remain in the lobby during your exam). The procedure WILL NOT be done without a driver present.</p>	<p>NO SOLID FOODS, CLEAR LIQUIDS* ONLY upon rising, until after your procedure. A clear liquid diet is necessary for a colonoscopy.</p> <p>Prep at a Glance 3:00 pm take 4 Bisacodyl 4:00 pm take 32oz of prep solution</p> <p>Drink plenty of water and liquids throughout the day to avoid dehydration. Detailed, step-by-step instructions continue on page 3.</p>	<p>Drink remaining 32oz of prep solution.</p> <p>Nothing by mouth 4 hours prior to your procedure.</p> <p>NO GUM OR HARD CANDY</p> <p>NO SMOKING THE DAY OF THE PROCEDURE.</p> <p>YOU MAY BRUSH YOUR TEETH BUT DO NOT SWALLOW</p> <p>*If you take daily medication, you may take it with SMALL SIPS OF WATER ONLY, at least 2 hours before your procedure.</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 2nd 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.

STANDARD BOWEL PREP

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.

1

3:00 PM the day 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.



2

3:00 PM the day prior to your procedure

Take 4 Bisacodyl with a glass of water.
***Please note you will only need 4 tablets total.**
(Please dispose of the extra tablet)



3

4:00 PM the evening prior to your procedure

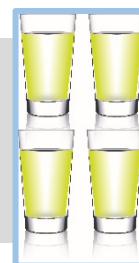
Mix together the **ENTIRE BOTTLE** (8.3oz/238g) of Polyethylene Glycol 3350 with **64 oz.** of chilled drink mix.



4

4:00 PM the evening 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.



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

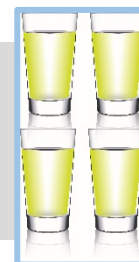
Prep Day: The day of your procedure

5

the morning of your procedure

Drink the **OTHER HALF OF THE MIXTURE (32 oz.)** Drink an 8 oz. glass of the solution every 10-15 minutes **until gone**.

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



STANDARD BOWEL PREP

THE DAY OF YOUR PROCEDURE

- You may continue clear liquids until 4 hours prior to your arrival time.
- 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.

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.