



## Standard Bowel Prep 2 Day

**What to purchase at the store:** \*(1) 10 oz bottle Magnesium Citrate, (1) box Bisacodyl/Dulcolax 5mg tabs, (1) 8.3oz/238g container Polyethylene Glycol/Miralax, 64 oz Gatorade/Powerade in addition to your clear liquids. \*(If no magnesium citrate is available due to recall) – Purchase **Milk of Magnesia Liquid** – take 4 tablespoons.

\_\_\_\_\_ Days to hold Plavix, (Clopidrogel), Coumadin, (Warfarin) OR Pradaxa, Effient, Eliquis, Xarelto

- **You will need a ride home from the endoscopy center**

*Our policy requires transportation must be provided by a responsible person after your procedure. They must remain on premises while you have this procedure. The doctor will call with your results and a separate call from a nurse when you are ready for them to come around side of building to pick you up. You will be here about 1 ½ hrs.*

**Failure to comply may result in cancellation of procedure.**

- **No driving or operating machinery** until the day following your procedure.

**2 days prior to your procedure** - No solid foods from now until after your procedure.

Begin your Full liquid diet. Items allowed on the full liquid diet are different than those allowed for a clear liquid diet. You can also drink from your clear liquid diet. **Drink at least 8 oz. (1 large glass) of clear liquids every hour until you go to bed.**

### **Full Liquid Diet**

- Cooked refined cereal, farina, cream of rice or wheat, strained cereal
- Custard, plain gelatin, sherbet, ice cream, pudding, yogurt – all without nuts, fruit or preserves
- Eggnog, milkshake and other milk beverages
- Butter, margarine and cream

### **The day prior to your procedure**

Start a **clear liquid diet** the day before your procedure. (refer to list provided) **No solid food until after your colonoscopy.** Drink at least 8 oz. (1 large glass) of clear liquids every hour **Clear Liquid Diet**

**Liquids ALLOWED - only in green, yellow, clear or brown**

- Coffee, or tea, regular or decaffeinated (no milk/cream of any kind)
- Water
- Clear Jell-o – green/yellow
- Popsicles/Italian Ice – green/ yellow / white
- White Cranberry, apple and White grape juice\*
- Clear broth - chicken/beef/ vegetarian
- Fruit Juice without pulp – Green/Yellow
- Lemonade/Ice Tea
- Soda – green, yellow, clear or brown
- Gatorade/Powerade – green/yellow/ white
- **NO MILK OR CREAM PRODUCTS OF ANY KIND ARE ALLOWED**

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### **3:00 pm the day prior to your procedure**

Drink the entire bottle (10oz) of Magnesium Citrate. This can be mixed with sprite, gingerale, or apple juice if needed to help with flavor. . **(If no magnesium citrate is available due to recall) – Purchase Milk of Magnesia – take 4 tablespoons**

Stop- Do Not Drink Magnesium Citrate if you have Congestive Heart Failure or Kidney Failure

### **4:00 pm the day prior to your procedure**

Take 2 (5mg) Bisacodyl laxative tablets with a full 8oz glass of water  
Mix together the entire bottle of Polyethylene Glycol (8.3oz/238g) with 64oz of chilled Gatorade

### **6:00 pm the day prior to your procedure**

Drink an 8oz glass of the solution every 5-15 minutes until you have finished drinking HALF OF THE MIXTURE. You should be done drinking by 8pm.

### **8 pm the day prior to your procedure**

Take 2 more Bisacodyl laxative tablets with a full 8oz glass of water  
Drink at least another 32oz of clear liquid before midnight. This will help reduce nausea from the prep.

## **Day of your procedure**

### **(A) FOR ALL PROCEDURES SCHEDULED 7:30A-12P**

#### **3:00 am the morning of your procedure**

Drink the other half of the mixture. Drink an 8 oz glass of the solution every 15 minutes until gone. You MUST finish the entire prep, even if your bowels are already clear. Take your morning medications after you have completed the second half of your prep with a sip of water. No more drinking after prep.

### **(B) FOR ALL PROCEDURES SCHEDULED 1230P- 430P**

#### **8:00 am the morning of your procedure**

Drink the other half of the mixture. Drink an 8 oz glass of the solution every 15 minutes until gone. You MUST finish the entire prep, even if your bowels are already clear. Take your morning medications after you have completed the second half of your prep with a sip of water. No more drinking after prep.

**You should take your heart, blood pressure, seizure and breathing medications ONLY with a sip of water.**

**If you drink anything within 4 hours of your procedure you will be rescheduled.**

#### **\*\*\*\*\*NOTE\*\*\*\*\***

These diet restrictions are for the Gastroenterologist's procedures. If you are on other restrictions such as a diabetic diet, etc., or if there are any foods or fluids on this list that you cannot have, you need to make allowances for that.

**Your stool should be light yellow/orange to clear without any solid particles. If it is not, please contact the Endoscopy Nurse at either 843-839-2581 or 843-839-2300. If prep is not adequate small lesions may be missed and your procedure may be cancelled.**