

DDECenter.com

COLONOSCOPY PREP SOLUTION:

MEDICATION & DIET INSTRUCTIONS: ONE WEEK BEFORE EXAM: _____

- Follow **Low Residue/Low Fiber Diet** on the next page.
- Tylenol is okay to take as needed for pain.
- Continue to take your medications for High Blood Pressure, Lung, Seizure or Psychiatric medication each day as normal.
- Diabetic Medications: See the attached Diabetic Medication Instruction sheet.
- **AVOID:** Smoking, chewing tobacco, alcohol, marijuana (THC) for one week before exam.
- **STOP** all supplements containing Turmeric, Iron, Fish Oil or Fiber. (ex. Metamucil, Citrucel and Multivitamins with iron)
- **STOP Blood Thinning Medications:** Confirm with your cardiologist or prescribing physician before stopping any medication.

The guide below is for patients with normal kidney function. Patients with decreased kidney function should check the after visit clinic summary for details

STOP 7 DAYS BEFORE EXAM	STOP 5 DAYS BEFORE EXAM	STOP 3 DAYS BEFORE EXAM	STOP 1 DAY BEFORE EXAM
<ul style="list-style-type: none">• Brilinta (Ticagrelor)• Effient (Prasugrel)• Plavix (Clopidogrel)• Ticlid (Ticlopidine)• Ibuprofen (Motrin)	<ul style="list-style-type: none">• Aggrenox• Aspirin (Only if taking 325mg)• Coumadin (Warfarin)• Persantine (Dipyridamole)	<ul style="list-style-type: none">• Eliquis (Apixaban)• Pradaxa (Dabigatran)• Xarelto (Rivaroxaban)	Lovenox– Last dose is on the morning of the day before procedure.

2 DAYS BEFORE EXAM: _____

- ☐ Drink only Clear liquids for breakfast, lunch and dinner. **NO SOLID FOOD or DAIRY PRODUCTS.**
- ☐ **10am:** Take Four 5mg Dulcolax (Bisacodyl) Tablets with 10oz water instead of Magnesium Citrate
- ☐ *Continue drinking clear liquids over the course of the day to remain hydrated.*
- ☐ **5pm:** Mix 1 bottle MiraLAX with 64oz of Gatorade. Begin drinking 8oz glasses of the solution every 10- 15 minutes until complete.
- ☐ *Continue drinking clear liquids as needed to remain hydrated*

It is common to feel bloated or nauseous when starting the prep. These symptoms go away once you start having bowel movements. If you become too nauseated or are vomiting, stop for 30 minutes then begin drinking the solution through a straw. Attempt to finish all of the prep even if it takes you longer. If vomiting persists, or you are unable to finish the prep, pause again and call the on-call physician for further instruction.

1 DAY BEFORE EXAM: _____

- ☐ Drink only Clear liquids for breakfast, lunch and dinner. **NO SOLID FOOD or DAIRY PRODUCTS.**
- ☐ **10am:** Take Four 5mg Dulcolax (Bisacodyl) Tablets with 10oz water
- ☐ *Continue drinking clear liquids over the course of the day to remain hydrated.*
- ☐ **5pm:** Mix 1 bottle MiraLAX with 64oz of Gatorade. Begin drinking 8oz glasses of the solution every 10- 15 minutes until complete.
- ☐ *Continue drinking clear liquids as needed to remain hydrated*

Extended MiraLAX Prep Instructions

DAY OF EXAM: 6 hours prior to procedure: _____

- ☐ **Drink only clear liquids. No Solid food, gum, candy, mints or chewing tobacco.** Otherwise your procedure will be CANCELLED.
- ☐ Mix 1 bottle MiraLAX with 64oz of Gatorade. Begin drinking 8oz glasses of the solution every 10-15 minutes until complete. (Must be complete 3-4 hours before procedure)
- ☐ **STOP ALL LIQUIDS 3 HOURS BEFORE YOUR PROCEDURE.**
- ☐ If you have been prescribed blood pressure, lung, seizure medications, take them 3 hours prior to your procedure with small sips of water. If you use an inhaler on a regular basis, please use your inhaler the morning of your procedure and bring it with you.
- ☐ Your stool should be clear yellow liquid (clearly see the bottom of your toilet bowl). If your stool is particulate or brown liquid or formed, please call the office immediately at (360) 479-1952 ext. 201.
- ☐ Wear comfortable, loose fitting clothing that is easy to step into, short sleeve top and flat shoes/tennis shoes.
- ☐ Do NOT wear lotions, perfume/cologne or jewelry.
- ☐ Bring Photo ID, insurance cards and reading glasses for paperwork.

LOW RESIDUE / LOW FIBER DIET

Start 7 Days before COLONOSCOPY

A successful colonoscopy starts with good preparation to ensure excellent visibility. Failure to follow these instructions limits the value of this procedure and your examination may need to be repeated or rescheduled. One week prior to your procedure, only eat items listed in the approved column.

APPROVED LIST (Fruits & Vegetables– Peeled and Deseeded)	DO NOT EAT
Almond Butter Apples Avocado Cantaloupe Carrots Chicken, Pork, Beef Couscous Cream of Wheat Creamy Peanut Butter Dairy Eggs Eggplant Fish Flour Tortillas Garlic Grapefruit Hummus Milk/Milk Alternatives Muffins Mushrooms Onions Oranges Pancakes Pastries (Without Fruit/Jellies) Peaches Pears Potatoes Rice Noodles Shredded Coconut Squash Tofu White bread White Pasta White Rice Zucchini	Any foods containing Whole Wheat Beans/Lentils Blackberries Blueberries Broccoli Cauliflower Corn Dried Fruit Green beans Kale Multigrain Breads Nuts Oatmeal Olives Pickles Popcorn Quinoa Raspberries Salads Seeds Soy beans Spinach Strawberries Sweet Potatoes Tomatoes Wheat Crackers Whole Wheat Breads Whole Wheat Pastas

FREQUENTLY ASKED QUESTIONS

What is clear stool?

A clear stool can have a slight tint of yellow. It will be completely transparent, and will not contain any solid matter. The bottom of the toilet can be seen through clear stool. After your prep is completed: If your bowel movements are solid, have semi-solid particles or liquid is Dark Brown/Dark Orange or Murky, you are not prepped well enough and will require additional prep. Please call our office immediately at (360) 479-1952 Ext. 201.

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

Bowel movements can take up to 5-6 hours to start after beginning the prep. Be patient, continue to drink liquids. If you have not had a bowel movement by 10 pm the night prior to your procedure, you will need to reach the on-call physician for further instructions. The on call physician can be reached by calling our office number at (360) 479-1952.

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 solutions even if it takes you longer. If vomiting persists, or you are unable to finish the preparation stop the preparation and call your physicians office for further instructions.

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 difficulty in screening and require a need for a rescreening. If you have eaten a large amount of seeds or nuts, contact the office.

Can I take alcohol, THC or other recreational substances while prepping for my procedure?

Alcohol, THC products and any other mind altering substances are not allowed while prepping for a colonoscopy.

Why do I have to wake up so early for the second 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.

Do I need to drink all the prep?

It is important to finish all the prep solution as a good prep is the most important step for a successful colonoscopy. Poor prep may result in your procedure being delayed or cancelled.

When will I hear about my pathology results?

Test results will be mailed to you within 10-14 business days. If the findings are serious, you will be notified earlier by phone. If you have signed up for our patient portal, results will posted to your patient portal.

Is a colonoscopy covered by my insurance?

Contact your Insurance company to check benefit coverage for your procedure. Provide them with our Tax ID Number: 912065379 and CPT billing codes: 45378, 45380, 45381, and 45385 to confirm coverage.

Additional Insurance Information:

Please note that screening colonoscopies are often not subject to deductibles, co-pays or co-insurance. However, if a polyp is removed or biopsies taken during your procedure, deductibles, co-pays and co-insurance may apply. For plan specific details you will need to contact your insurance carrier for all other questions you may contact our billing office at (360) 479-1952, option 4.