

PLEASE CALL **702-483-4483** IF THERE ARE QUESTIONS OR CONCERNS WITH PREP

ONE (1) WEEK BEFORE YOUR COLONOSCOPY:

- Stop any iron you are taking, this includes multivitamins with iron.
- Start following the Low Fiber/Low Residue diet provided by your doctor.
- **At least one week prior to your appointment: Pick up your prep kit and two x 10oz bottle of magnesium citrate (over the counter).**
- If you take a blood thinner (such as Coumadin or Plavix), please be sure the office is aware.
- If you have a pacemaker or defibrillator, please be sure the office is aware.
- If you are a diabetic patient please call the doctor that manages your diabetes and let them know you will be prepping for a colonoscopy. They will advise you on instructions for adjusting your medications during your prep.
- **YOU MUST FOLLOW OUR INSTRUCTIONS.** Do not follow the instructions in the prep box.
- You can take all necessary medications the morning of your colonoscopy with a sip of water *except for* diuretics (water pills), such as Lasix, hydrochlorothiazide, or any medication ending in HCT.
- Call to speak with a nurse if you develop a fever, upper respiratory illness or pneumonia.
- Before leaving for your appointment, call to speak with a nurse if you are not running clear stools
- Make sure you have someone to drive you home. You will not be able to drive or return to work the day of your procedure.
- You need to be on a **CLEAR LIQUID DIET TWO (2) ENTIRE DAYS BEFORE** your colonoscopy. See the list of recommended liquids included in our instructions.
- **4 HOURS PRIOR TO YOUR ARRIVAL TIME, NOTHING MORE BY MOUTH UNTIL AFTER YOUR PROCEDURE IS DONE.** Example: If arrival time is 10:00am, you would stop everything at 6:00am.

CLEAR LIQUIDS ONLY 2 ENTIRE DAYS BEFORE YOUR COLONOSCOPY

You are to have clear liquids ONLY for 2 entire days prior. You can have these clear liquids up until 4 hours prior to your arrival time, after that you are to have nothing by mouth until after your procedure is done.

Clear liquids are liquids you can see light through such as: water, ginger-ale clear fruit juices: like apple, white cranberry, white grape juice, beef or chicken bouillon, soda, tea (no milk), Gatorade, Kool-Aid, popsicles, and, Jell-O (**no red colors or dyes**)

- Avoid coffee.
- **Do not** drink anything that has RED DYE (**no red dyes**)
- **Do not** eat solid foods
- **Do not** add fruit to Jell-O
- **Do not** drink milk or milk products or artificial creamer
- **Do not** drink any beer or alcoholic beverages

Please bring with you:

- * Current medication list
- * Photo ID
- * Insurance cards
- * Blue questionnaire

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2 days before your exam:

Clear liquids all day. Take one 10oz bottle of magnesium citrate at 5:00pm and one at 7:00 pm

The day before your exam:

Find your specific prep instructions below and continue clear liquids

NOTE: Do not sip your prep, drinking each glass as rapidly as possible is better tolerated. Using a straw toward the back of your mouth, or sucking on hard candy between glasses is sometimes helpful. If you become sick to your stomach while drinking your prep, STOP until the nausea passes. Then resume at the rate specified.

Find your specific prep instructions below

SUPREP:

5:00pm the day prior to your appointment: pour (1) 6oz. bottle into the supplied mixing cup. Add cold water to the red fill line. Drink the entire cup. Follow with 2 full cups of water within the next hour. Continue drinking clear liquids for the rest of the evening to prevent dehydration and headache. **Five (5) hours prior to arrival time:** repeat above steps with second bottle provided. Stop all liquids 4 hours prior to your arrival time. Do not add flavor. Mix only with water.

PREPOPIK:

5:00pm the day prior to your appointment: fill the dosing cup provided to the lower (5oz) line in the cup, add the contents of one packet and stir for 2-3 minutes until dissolved. Drink the entire cup. Over the next couple hours drink five (5) eight ounce drinks of clear liquid. **Six (6) hours prior to arrival time:** repeat the above steps. Stop all liquids 4 hours prior to your arrival time.

MOVIPREP:

The morning prior to procedure: mix first half of the prep with lukewarm water. Flavor packets or powdered drink mix can be added at this time (NO RED). Refrigerate the mixture. **5:00-6:00pm:** begin drinking at the rate of 8oz. every 10-15 minutes until gone. Mix second half and refrigerate. Continue drinking clear liquids for the rest of the evening to prevent dehydration and headache. **Six (6) hours prior to arrival time:** drink second half of the prep. Stop all liquids 4 hours prior to your arrival time.

GoLYTELY, TriLYTELY, NuLYTELY or any 128oz Generic prep:

The morning prior to procedure: fill container provided with lukewarm water to the fill line, dissolve all powder. Flavor packets can be added at this time if desired (NO RED). Refrigerate the mixture. **6:00pm:** begin drinking the solution at the rate of 8oz every 10-15 minutes until you have consumed half of the container or 64oz. Continue drinking clear liquids for the rest of the evening to prevent dehydration and headache. Refrigerate remaining prep. **Six (6) hours prior to arrival time:** finish the second half of the prep mixture at the rate of 8 oz. every 10 -15 minutes until gone. Stop all liquids 4 hours prior to your arrival time.

DULCOLAX AND MIRALAX

The morning prior to your procedure: Dissolve a 255 gram bottle of Miralax in 64oz of Gatorade (NO RED) and refrigerate. **2:00pm** take four (4) Dulcolax tabs. Do not chew or crush these tabs. **6:00pm** drink half (32oz) of the solution within an hours time. Continue drinking clear liquids thru out the evening to prevent dehydration and headache. **6 hours prior to your arrival time:** consume the remaining 32oz of solution within one hour. Remember to stop all liquids 4 hours prior to your arrival time.

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