

Standard Bowel Prep

Instructions

The following instructions are your physician's specific instructions. Please follow the instructions carefully to ensure a successful prep.

You can reach your physician's office at (225) 743-2541 or (225) 743-2542

Special Note: If you are on **Phentermine**, you must discontinue this medication **2 weeks** prior to your procedure. This includes **Energy Drinks** or **Energy Pills**.

Purchase the following items: (4) Dulcolax laxative tablets, (1) 8.3 oz. bottle of MiraLAX, and (2) 32 oz. bottles of Gatorade, Crystal Light, or Powerade (**NO RED** or **PURPLE**).

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.

***CLEAR LIQUID DIET DETAILS: NO RED or PURPLE and NO DAIRY**

APPROVED

Sodas, coffee, tea
Clear juices, fitness waters
Popsicles without PULP
Jell-O

NOT APPROVED

NO milk/**NO** dairy
NO juices with PULP
NO RED or **PURPLE**
NO Bone broth



Standard Bowel Prep Plan

4 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>OPTIONAL</u></p> <p>STOP eating any raw vegetables containing seeds, corn, popcorn, nuts, and stop any fiber supplements until after the procedure.</p> <p>Purchase clear liquid diet items, ointment, reading material, etc.</p>	<p><u>OPTIONAL</u></p> <p>Continue a low fiber diet. Remember to avoid foods with nuts and seeds.</p> <p>Confirm your arrangements with your driver.</p>	<p><u>Mandatory</u></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) Dulcolax</p> <p>5:00 pm Drink the first 32 oz. bottle of prep solution.</p> <p>9:00 pm Drink the second 32 oz. bottle of prep solution.</p>	<p>Nothing by mouth until after your procedure.</p> <p>NO GUM OR HARD CANDY</p> <p>YOU MAY BRUSH YOUR TEETH BUT DO NOT SWALLOW THE WATER</p> <p>*If you take daily medication, you may take it with a SMALL SIP OF WATER ONLY.</p>

HOW TO MIX PREP:

Mix together at room temperature with a spoon the **ENTIRE BOTTLE of MiraLAX (8.3 oz./238 g)** with both bottles of Gatorade/Powerade to equal 64 oz. Refrigerate after mixing.



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Frequently Asked Questions

What is 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, 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 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 12:00 midnight.

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.

