

Grand Junction Gastroenterology

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Bowel Prep Instructions for a Colonoscopy Procedure

None of these products are prescription

Shopping List for your bowel prep

- ✓ Miralax powder (238 grams)
- ✓ Magnesium Citrate (1-10 oz bottle, not red)
- ✓ Gatorade 64 oz bottle (2 liter)
(not red or purple)

Diabetic patients may use Propel, instead of Gatorade.

Magnesium Citrate, Miralax and Gatorade Prep

All of the above listed products are available over the counter. They do not require a prescription. These products are taken orally. They are not enemas. These can be obtained at Walmart, drug stores and some grocery stores.

- **The day before your procedure**, you are on a **clear liquid diet ONLY**.
- **Diabetic Patients:** Insulin should be taken ½ the usual dose the day of the procedure. Please check your blood sugar prior to your arrival to the facility.

Things you **may not have** are:

Do not eat or drink anything red or purple in color (no red or purple jello, sports drinks, popsicles or red wine) (red or purple products could be mis-interpreted as blood in the colon) Do not use red or purple Gatorade.

No milk or creamer products

Things you **may have** are:

Clear broth, apple juice, white grape juice, colas, coffee, tea, jello, popsicles, water or any other clear liquid that is not red or purple in color.

Alcohol (not encouraged but allowed except for red drinks)

Take all your medications the day before your procedure (except for blood thinners).

***Please avoid seeds and nuts for 3 days prior to your procedure. A low roughage diet (minimal uncooked vegetables/salads) is also recommended. This will allow for a cleaner/clearer colon.**

For AM Procedures Scheduled before 11:00 am

- **Only** clear Liquids **all day** on the day before the procedure.
- Mix the 238grams of Miralax powder with 64 oz of Gatorade (not red or purple) then refrigerate.
- The evening prior to the procedure, between 4:00 – 6:00 pm drink the bottle of Magnesium Citrate.
- At 6:00 pm drink one 8oz. glass of the Miralax/Gatorade mix. Repeat every 15 minutes until you have finished the 2 liter/64 oz Miralax/Gatorade mix (this should take approximately 2 hours).
- You may have clear liquids up until 2 hours prior to your procedure.
- Please arrive on time
- You must have someone with you to drive you home since you will be receiving sedation.
- *You may continue to have clear liquids up until 2 hrs prior to the procedure to help you remain hydrated. Stop drinking liquids of any kind 2 hours before the procedure.*

For Procedures that are scheduled for 11am and later

- **Only** clear Liquids **after 1:00 pm** on the day before the procedure.
- Mix the 238 grams of Miralax powder with 64oz of Gatorade (not red or purple) then refrigerate.
- Five hours before your procedure, drink the bottle of Magnesium Citrate.
- One hour after completing the Magnesium Citrate start the Miralax/Gatorade mix with one 8 oz. glass. Repeat every 15 minutes until you have finished the 2 liter/64 oz Miralax/Gatorade mix (this should take approximately 2 hours).
- You may have other clear liquids up until 2 hours prior to your procedure.
- Please arrive on time
- You must have someone with you to drive you home since you will be receiving sedation.
- *You may continue to have clear liquids up until 2 hrs prior to the procedure to help you remain hydrated. Stop drinking liquids of any kind 2 hours before the procedure.*

Brushing your teeth prior to the procedure:

The amount of water used to brush your teeth is incidental. It is acceptable to brush your teeth and rinse your mouth with water up until the time of your procedure.

TIPS from previous patients:

- Mix up the solution in the morning to allow it to chill prior to drinking in the evening.
- Drink the solution through a straw.
- Stay **very** close to a bathroom after taking the prep.
- Drink as many clear fluids as possible during the day – hydrating your body will help reduce side effects such as cramping and nausea.

A word about bowel preps:

- No bowel prep is fun.
- We have never gotten compliments on the bowel prep.
- The purpose of bowel prep is to clean out the colon to allow clear visualization for the exam.
- A bowel prep is the only way to effectively clean out the bowel (if there was another way, we would use it).
- It is a short term discomfort for a long term cause.
- Respond immediately to the urge.
- Your bowel movements may be frequent, explosive and liquid (this is to be expected).
- Use soft toilet paper and Desitin or A&D ointment for skin irritation.

We no longer routinely use Fleets Phosphosoda in this practice in the event that a patient may have an undiagnosed kidney or heart disease/condition.

- Note

If your insurance requires a pre-authorization, please keep in mind that obtaining this authorization does not guarantee payment. Contact your insurance for more information prior to your procedure.

Please complete the following and bring it with you when you have your procedure.

Patient Name:
Medication allergies:

Medications you are currently taking:

Your Doctor may obtain biopsy specimens or order lab work as part of your care. It is the patient's responsibility to direct us where to send these. You may obtain this information from your insurance company prior to your visit. It is important that you understand that you are financially responsible for lab/pathology charges.

When you check in for your procedure you will be asked where you would like your pathology sent.

Please send my lab/pathology to:

St Mary's Hospital & Medical Center
Community Hospital

Lab Corp
Quest

***We cannot be responsible for information regarding your insurance coverage.
Please call your insurance company directly.***