

# Gallon Jug Bowel Preps - Appointments Scheduled BEFORE 10:00 AM

**These are your physician's specific instructions. Please follow them carefully to ensure a successful prep.**

If you have questions about your prep:

- You can reach **Gifthealth** with prep questions at: **833.614.4438**
- You can reach your physician's office at: **678.741.5000** or **www.gigeorgia.com/prep**

**Special Notes:** If you have significant heart or lung problems, or other major health problems, please discuss this with the anesthetist at the center. Please contact them as soon as possible by calling your assigned center.

2550 Windy Hill Rd., Suite 302, Marietta (770-226-9070) | 118 Mill St., Suite 100, Woodstock (678-819-4281)  
880 Crestmark Dr., Suite 102, Lithia Springs (678-388-2040)

7 days prior to procedure	3 days prior to procedure	2 days prior to procedure	1 day prior to procedure	Day of procedure		
<p>Ensure you have your prep and Dulcolax tablets (either mailed to you or picked up at pharmacy)</p> <p><b>Please review your meds for any blood thinners</b> (Plavix, Warfarin/Coumadin, Eliquis, Brilinta, Xarelto, Effient, Pradaxa, etc.). Stop these as instructed. If you have not received instructions, contact us immediately.</p> <p><b>STOP Taking 7 Days before exam:</b></p> <ul style="list-style-type: none"> <li>Iron supplements</li> <li>GLP-1 medications for Diabetes/Weight Loss (includes Ozempic, Mounjaro, Trulicity, Zepbound, etc.)</li> <li>Phentermine for weight loss</li> </ul> <p>These meds can affect the quality/safety of the exam. Not following these instructions may lead to procedure cancellation.</p>	<p><b>STOP Taking 3 Days before exam:</b></p> <ul style="list-style-type: none"> <li>SGLT-2i diabetes meds including: Invokana, Farxiga, Jardiance, etc.</li> </ul> <p><b>STOP</b> eating any raw fruits, raw vegetables, vegetables containing seeds, corn, popcorn, nuts, and seeds and follow low fiber diet (see page 5) until after the procedure.</p>	<p>Continue a low fiber diet. Remember to avoid foods with nuts and seeds.</p> <p>Confirm your driver is available still since: <b>NO DRIVER means NO PROCEDURE</b></p> <p>Purchase clear liquid diet food items, wet wipes to help reduce skin irritation, anti-gas medication (i.e. Gas-X or Phazyme) to use after procedure for bloating or gas.</p>	<p><b>NO SOLID FOOD! CLEAR LIQUIDS* ONLY FOR THE ENTIRE DAY</b></p> <p><b>STOP Taking 1 Day before exam:</b></p> <p>CNS stimulant medications for ADHD: Adderall, Ritalin, Concerta, Vyvanse, etc.</p> <p><b>Prep at a Glance:</b>  <b>4:00 pm</b> take 4 Dulcolax (5mg) laxative tablets (not stool softener)  <b>6:00 pm</b> take 128oz of prep solution</p> <p>*Detailed, step-by-step instructions continue on page 2.</p>	<p><b>NO SOLID FOOD</b>, but you may consume clear liquids up to <b>3 HOURS</b> prior to exam. See Clear Liquid Diet details below.</p> <p><b>NO GUM, CANDY, OR CHEWING TOBACCO</b></p> <p><b>Do not take any insulin or diabetic meds</b> the morning of your procedure, unless instructed.</p> <p>OK to take prescribed meds with a small sip of water (except insulin/ other diabetic meds) but take them at least <b>3 hours</b> prior to your exam.</p> <p>Use of illicit drugs, marijuana/ THC on the day of your exam will result in cancellation/ fees.</p>		
		<p><b>*Clear Liquid Diet Details:</b>  <b>NO DAIRY, NO RED, PURPLE or ORANGE.</b></p> <table border="0"> <tr> <td style="background-color: #ADD8E6;"> <p><b>Approved</b></p> <p>Sodas, coffee, tea</p> <p>Clear juices, fitness waters</p> <p>Chicken, vegetable and beef broth</p> <p>Gelatin</p> <p>Popsicles without pulp</p> </td> <td style="background-color: #D3D3D3;"> <p><b>Avoid</b></p> <p>No milk/dairy</p> <p>No juices with pulp</p> <p><b>NO RED PURPLE OR ORANGE.</b></p> </td> </tr> </table>			<p><b>Approved</b></p> <p>Sodas, coffee, tea</p> <p>Clear juices, fitness waters</p> <p>Chicken, vegetable and beef broth</p> <p>Gelatin</p> <p>Popsicles without pulp</p>	<p><b>Avoid</b></p> <p>No milk/dairy</p> <p>No juices with pulp</p> <p><b>NO RED PURPLE OR ORANGE.</b></p>
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**3 Days before exam:** Invokana, Farxiga, Jardiance, etc.

**1 Day before exam:** Phentermine, Adderall, Dextroamphetamine, Ritalin, Methylphenidate, Concerta, Vyvanse, etc.

## Prep Day: The day before your procedure

**No solid foods** upon rising, until after your procedure. Drink plenty of water throughout the day.

**DIABETICS:** If you are on long-acting insulin, take only half dose the evening before your procedure, unless otherwise directed by your physician.

1

### The day prior to your procedure

Prepare mix by adding drinking water to the indicated line (4 liters) near the top of the gallon jug. Shake until powder is mixed with the liquid and chill in the refrigerator. Solution **MAY NOT** be mixed with any other drink and **MUST BE** used within 24 hours after mixing.



2

### 4:00 PM the day prior to your procedure

Take 4 (5mg) Dulcolax laxative tablets (not stool softener) with a glass of water.



3

### 6:00 PM the evening prior to your procedure

Drink an 8 oz. glass of the solution every 15 minutes until you have finished drinking **ALL OF THE MIXTURE (128 oz.)**.

#### Shake the container before pouring each dose.

Continue to drink water, clear soda or clear sports drinks throughout the evening.

Your bowel movements should be watery, see-through and free of solids.



*\*Individual responses to laxatives vary. This prep will cause multiple bowel movements, stay close to a bathroom. Your bowel movements should be watery, see-through and free of solids (flecks are ok).*

*If nausea, bloating or abdominal cramping occurs, pause or slow the rate of drinking the solution.*

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**\*Clear Liquid Diet Details:**

**NO DAIRY, NO RED, PURPLE or ORANGE.**

**Approved**

Sodas, coffee, tea  
Clear juices, fitness waters  
Chicken, vegetable and beef broth  
Gelatin  
Popsicles without pulp

**Avoid**

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### The day prior to your procedure

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2

### 4:00 PM the day prior to your procedure

Take 4 Dulcolax (5mg) laxative tablets (not stool softeners) with a glass of water.



3

### 6:00 PM the evening prior to your procedure

Drink an 8 oz. glass of the solution every 15 minutes until you have finished drinking **HALF OF THE MIXTURE (64 oz.)**.

**Shake the container before pouring each dose.**

Continue to drink water, clear soda or clear sports drinks throughout the evening.



## Prep Day: The day of your procedure

**DIABETICS:** Do not take ANY insulin or oral diabetic medication the morning of your exam, unless directed by your physician.

4

### 6 HOURS BEFORE your scheduled procedure time

Drink the **remaining HALF OF THE MIXTURE (64 oz.)** Drink an 8 oz. glass of the solution every 15 minutes **until gone**.

**Shake the container before pouring each dose.**

**\*Complete prep no later than 3 hours prior to your procedure.**

Your bowel movements should be watery, see-through and free of solids.



## Gallon Jug Bowel Preps – General Information

### LOW FIBER FOODS:

- Juices without pulp
- Enriched White Bread
- White Rice or Plain White Enriched Pasta or Noodles
- Cereals with no more than 1 gram of dietary fiber
- Canned Soups without Corn or Peas
- Eggs
- Canned Fruits without skins, seeds or membranes
- Well Cooked Turkey, Chicken or Fish

### AVOID:

- Whole Wheat, Grain, Oats or Multigrain Bread
- Brown or Wild Rice
- Raw/Dried Fruits or Vegetables
- Dried Beans, Baked Beans, Peas or Corn
- Flax or any food products containing flax, nuts or seeds
- Popcorn or snack food containing corn, nuts or seeds

### THE DAY OF THE PROCEDURE

- **ON THE DAY** of your procedure **NO** food, chewing gum, hard candy, or chewing tobacco until after your procedure is completed.
- **You are allowed a clear liquid diet up to 3 hours before your procedure.**
- **When you are within 3 hours of your procedure, DO NOT take anything by mouth.**
- If you have been instructed to take Lovenox shots, do not take on the morning of your procedure, unless otherwise instructed.
- **EXCEPTION:** If there are prescribed medications that you **NEED** to take the morning of the procedure, please do so with a small sip of water **AT LEAST 3 hours prior** to your procedure. Do not take **anything** by mouth starting 3 hours prior to your procedure.
- **DIABETICS:** Do not take **ANY** insulin or oral diabetic medication the morning of your procedure, unless otherwise directed by your gastroenterologist.
- If you use an inhaler, bring it with you to your procedure.
- If you wear contacts, be prepared to remove them or wear glasses instead.
- Please do not wear jewelry (including body piercings) or wear lotion to the center.
- **DO NOT USE ILLICIT DRUGS, INCLUDING MARIJUANA/THC, ON THE DAY OF YOUR PROCEDURE. IF YOU DO, YOUR PROCEDURE WILL BE CANCELED AND YOU WILL INCUR CANCELLATION FEES.**
- Plan to be at the facility for 3-4 hours.

This procedure requires sedation. Therefore, a driver (**age 18 or over**) must accompany you to your appointment. The person who is driving you home **must remain at the facility** while your procedure is being performed so that they are available to receive discharge instructions and pertinent medical information, as well as possibly assist you with dressing. You may not go home in a taxi, rideshare (Uber/Lyft), or take public transportation. The sedation you will receive will prevent you from driving safely or working the rest of the day of your procedure. Following your procedure, do not drive, operate heavy machinery or sign legal documents for 24 hours.

**NO DRIVER = NO PROCEDURE**

**If you have any questions or concerns about the preparation, please contact Gifthealth by calling 833.614.4438 or emailing [care@gifthealth.com](mailto:care@gifthealth.com)**

## Bowel Prep Frequently Asked Questions

### What is a 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 and 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 a difficulty in screening and require a need for rescreening. If you have eaten a large number 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 you are directed to discontinue anything by mouth, which is typically 3 hours prior to the procedure.

### Why do I have to wake up so early for the 2<sup>nd</sup> 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.

### 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.