

STANDARD BOWEL PREP– Appointments Scheduled BEFORE 10:00

The following instructions are your physician’s specific instructions. Please follow the instructions carefully to ensure a successful prep. DO NOT FOLLOW THE INSTRUCTIONS ON THE PREP BOX, USE INSTRUCTIONS BELOW.

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 (either mailed to you or picked up at pharmacy).</p> <p>Please review your meds for any blood thinners (Plavix, Warfarin/Coumadin, Eliquis, Brilinta, Xarelto, Effient, Pradaxa, etc.). Stop as instructed. If you have not received instructions, contact us immediately.</p> <p>STOP Taking 7 Days before exam:</p> <ul style="list-style-type: none"> Iron supplements GLP-1 meds for Diabetes/Weight Loss (includes Ozempic, Mounjaro, Trulicity, Zepbound) Phentermine for weight loss <p>These meds can affect the quality/safety of the exam. Not following these instructions may lead to procedure cancellation.</p>	<p>STOP Taking 3 Days before exam:</p> <ul style="list-style-type: none"> SGLT-2i diabetes meds including: Invokana, Farxiga, Jardiance, etc. <p>STOP eating any raw fruits, raw vegetables or 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: NO DRIVER means NO PROCEDURE</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>NO SOLID FOOD!</p> <p>CLEAR LIQUIDS* ONLY FOR THE ENTIRE DAY</p> <p>STOP Taking 1 Day before exam:</p> <p>CNS stimulant meds for ADHD: Adderall, Ritalin, Concerta, Vyvanse, etc.</p> <p>Prep at a Glance</p> <p>4:00 pm take 4 Dulcolax (5mg) laxative tablets (not stool softeners)</p> <p>6:00 pm take 96 oz of prep solution</p> <p>*Detailed, step-by-step instructions continue on page 2.</p>	<p>NO SOLID FOOD, but you may consume clear liquids up to 3 HOURS prior to exam. See Clear Liquid Diet details below.</p> <p>NO GUM, CANDY, OR CHEWING TOBACCO</p> <p>Do not take any insulin or diabetic meds 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 3 hours 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>*Clear Liquid Diet Details:</p> <p>NO DAIRY, NO RED, PURPLE or ORANGE.</p> <p>Approved</p> <p>Sodas, coffee, tea Clear juices, fitness waters Chicken, vegetable and beef broth Gelatin Popsicles without pulp</p>			<p>Avoid</p> <p>No milk/dairy No juices with pulp NO RED PURPLE OR ORANGE.</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! Clear liquid diet only 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

4:00 PM the day prior to your procedure

Pour the 96 oz. (3/4 gallon) of Gatorade into a pitcher and chill in the refrigerator.

*If you are **Diabetic**, substitute Gatorade with Crystal light or Powerade Zero.*



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

Combine together the **entire Miralax** (357g of polyethylene glycol) with **96 oz** of chilled Gatorade. Mix well.



4

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 (96 oz.)**.

Your bowel movements should be watery, see-through and free of solids (flecks are OK). The color may appear clear to yellow or tan.



Individual responses vary. This prep will cause multiple bowel movements, stay close to a bathroom. If nausea, bloating or abdominal cramping occurs, pause or slow the rate of drinking the solution.

STANDARD BOWEL PREP– Appointments Scheduled AFTER 10:00 AM

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		<p>*Clear Liquid Diet Details: NO DAIRY, NO RED, PURPLE or ORANGE.</p> <table border="0"> <tr> <td style="vertical-align: top;"> <p>Approved</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="vertical-align: top;"> <p>Avoid</p> <p>No milk/dairy</p> <p>No juices with pulp</p> <p>NO RED PURPLE OR ORANGE.</p> </td> </tr> </table>			<p>Approved</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>Avoid</p> <p>No milk/dairy</p> <p>No juices with pulp</p> <p>NO RED PURPLE OR ORANGE.</p>
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DIABETICS: If you are on long-acting insulin, take only half dose the evening before your procedure, unless otherwise directed by your physician.

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3

6:00 PM the evening prior to your procedure

Combine together the **entire Miralax** (357g of polyethylene glycol) with **96 oz** of chilled Gatorade. Mix well.

Then drink an 8 oz. glass of the solution every 15 minutes until you have finished drinking **HALF OF THE MIXTURE (48 oz.)**.



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.

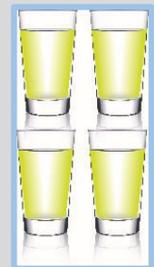
4

6 Hours before your procedure

Drink the **remaining HALF OF THE MIXTURE (48 oz)**. Drink 8 oz glass of solution every 15 minutes **until complete**.

***Prep must be completed no later than 3 hours prior to your procedure.**

Your bowel movements should be watery, see-through and free of solids (flecks are OK). The color may appear clear to yellow, green or tan.



Individual responses vary. This prep will cause multiple bowel movements, stay close to a bathroom. If nausea, bloating, or abdominal cramping occurs, pause or slow the rate of drinking the solution.

STANDARD BOWEL PREP– General Information

LOW FIBER DIET

OK TO CONSUME:

- 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

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 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 you are directed to discontinue anything by mouth, which is typically 4-6 hours prior to the procedure.

Why do I have to wake up so early for the 2nd 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.