

**LOCATION: ENDOSCOPY CENTER OF DELAWARE**  
1090 Old Churchman's Rd Newark, DE 19713  
302-892-2710

**\*\*\*Please bring your completed medication list with you on the day of the procedure.\*\*\***

**\*\*Read through the instructions at least 5 days before the procedure to make sure you understand it fully.\*\***

## **Colonoscopy Bowel Prep Instructions**

### **I. Introduction/Overview**

A complete cleansing of the bowel is the most important preparation for an accurate colonoscopy exam. While colon preps are never fun, our prep is simple and effective and, if followed carefully, will ensure a high-quality exam. The table below provides an overview of the prep process. The prep details then follow the table.

#### **Purchase at the pharmacy if you have not received alternative prep from your doctor:**

Four Dulcolax laxative tablets (generic name Bisacodyl).

8.3 oz bottle (238 grams) of polyethylene glycol (Miralax)

You will need 64 oz of non-carbonated clear liquid to mix with the Miralax

Two 10 oz (300 cc) bottle of magnesium citrate. Avoid cherry flavored magnesium citrate

One Box of Simethicone (Gas X) Extra Strength 125 mg. If you can't find them, an alternative is fine.

### **II. The Week before your Colonoscopy**

**A. One Week before exam:** Stop taking the following medications:

- IRON-containing vitamins and medications.
- FIBER SUPPLEMENTS such as Metamucil, Fibercon, Citrucel
- If you take Plavix (clopidogrel), Effient (prasugrel), Brilinta (ticagrelor), Ticlodipine, Persantine (dipyridamole), Pletal (cilostazol), Aggrenox, Agrylin (anagrelide), Coumadin (warfarin), Jantoven (warfarin), Lovenox (enoxaparin), Pradaxa (dabigatran), Eliquis (apixaban), Xarelto (rivaroxaban) or any other medication which has been classified as a blood thinner please contact our office for special instructions if you have not received them already. If you stop a medication unnecessarily or too early this could increase your risk for a heart attack, stroke. If you do not follow the instructions regarding the timing of discontinuation there may be increased risk of bleeding from your procedure or result in a cancelled or repeat procedure.
- Avoid high-fiber foods (fresh and dried fruit, vegetables, seeds, nuts, cloves, marmalade). Any other type of food is ok. If you make a mistake and eat some of these high-fiber foods, no problem, just continue on with the prep. You can find more details about the low-fiber diet under the patient education tab on our website [dcdc.health](http://dcdc.health).

**B. Two days before exam:** You may have a low residue breakfast and then proceed with the clear liquid diet.

- At 5 pm drink 1 bottle of Magnesium Citrate

### Low-Residue Breakfast:

No more than:

- 2 eggs (boiled or fried) or  
1 oz. cheese
- ½ cup of milk
- 2 slices of white bread/toast
- 1 tsp of butter (if desired)
  
- Strictly no substitutions!
- Less is ok, but no more than above.

### Clear Liquid List:

- Gatorade<sup>®</sup>, Powerade<sup>®</sup> (sports drinks with electrolytes are recommended to help with hydration)
- Water, tea, or coffee (No cream or milk; sugar is ok)
- Broth or Bouillon
- Jell-O<sup>®</sup>, Popsicles<sup>®</sup>, Italian ice (no fruit or cream added)
- Apple, white grape, or white cranberry juice (No orange, tomato, grapefruit, prune, or any juice with pulp)
- Soda such as Sprite<sup>®</sup>, 7-Up<sup>®</sup>, ginger ale (**DO NOT USE SODA TO MIX PREP**)
- Clear hard candy, gum
- Lemonade (with no pulp), iced tea
- Avoid all red liquids—they can look like blood in the colon!

### **III. Prep Day: The day before exam**

Note: The timing of the next 3 steps can vary for your convenience. For example, the 3 PM step may begin as early as 2 PM, or as late as 4 PM. The earlier you can start, the better your sleep may be at night (fewer overnight bathroom interruptions)

#### **A. Upon Awakening**

Start a clear liquid diet. Strict No Solid Food regimen until after your colonoscopy. Medications by mouth are ok. Drink as many clear liquids as you want. In fact, drink large amounts of clear liquids to avoid dehydration and to make the laxative work better. If you are under fluid restriction, please speak with your doctor to make certain that this prep is right for you.

#### **B. 3 PM**

Take 4 Dulcolax pills by mouth with clear liquids. Then mix the entire bottle of polyethylene glycol (ClearLax or MiraLax) powder and with 64oz. of a clear liquid of your choice (no carbonation). Stir until dissolved and chill with ice and/or refrigerate.

#### **C. Between 3-6 PM**

Begin drinking 8oz glasses of the polyethylene glycol (ClearLax or MiraLax) solution every 20 minutes. until it is finished. Drinking through a straw may help. If you get nauseated or vomit from too much liquid in your stomach, take a 30 minute break and start drinking again at 30 minute intervals. You may start this step anytime between 3-6 PM. The earlier you start, the better sleep you may get at night.

#### **D. 9 PM**

Take the 2 Gas-X pills after completing the polyethylene glycol (ClearLax or MiraLax) solution. Continue drinking as much clear liquid as you can tolerate.

### **IV. Your Exam Day**

At least **4 hrs. prior** to your scheduled exam time (this may be very early morning for early exams), pour the 10oz bottle of MagCitrates over ice and drink it within 15 minutes. Again, drinking through a straw may help. Take 2 more Gas-X pills. You may continue drinking clear liquids only (no solid food) until 4 hours prior to your procedure. You may take critical medications (high blood pressure, etc.) with clear liquids up to 4 hours before test.

Important: Nothing by Mouth within 4 hours of your exam time. This includes clear liquids, candy, and gum. Taking anything by mouth within 4 hours of exam will cause a delay or cancellation of your procedure!

**\*\*\*Important Note\*\*\***

The Colonoscopy exam is only as good as the colon prep. A good sign that the prep has been effective is the transition to clear, watery bowel movements. If, two (2) hours prior to your scheduled colonoscopy your bowel movements are not clear (that is, if they are still solid or mostly brown), please call your doctor.

**\*\*Helpful tips:**

- Many patients find that chilling the laxative and drinking through a straw improve tolerance.
- Use the baby wipes instead of toilet paper. You may use Vaseline in case of a sore bottom!
- Remain close to toilet facilities as multiple bowel movements may occur. The prep often starts working within 30 minutes but may take as long as 3-6 hours.
- The exact times of the cleansing prep are not important. You may vary the start +/- 2 hr. for your convenience. You may sleep better overnight with an earlier start.
- You may take oral medications with water during the prep and up to 4 hours before test.
- On the day of the procedure you must arrange for transportation with a responsible adult, as you will be receiving anesthesia for the procedure. Public transportation (taxi, UBER or bus) is not acceptable.
- Vomiting is not an uncommon reaction to these laxatives. If vomiting occurs less than one hour after you take your laxative, please stop for 1 hour then resume slowly. If you have vomiting more than one hour after you take your laxative, your preparation will be fine.

**\*\*Diabetic patients:**

- Contact your endocrinologist or primary care physician with additional concerns.
- Hold your diabetic medication the morning of the test.
- Use sugar free drinks for liquids (like Crystal Light) during the prep (to avoid increase in blood sugar) and monitor your blood sugar closely to prevent low blood sugar.
- Insulin: please take 1/2 the dose the day prior to your procedure and hold the morning of your procedure. If your sugar is low during bowel preparation, take a clear liquid such as apple juice to increase sugar levels.

**\*\*High blood pressure and cardiac medications:**

- Take blood pressure and other cardiac medications at least two (2) hours prior to your procedure with a small sip of water.
- Do not stop Aspirin.

For Questions call (302) 738-5300 or visit us at **DCDC.HEALTH**

**\*\*\*\*\* IF YOU HAVE NOT RECEIVED A CALL WITHIN 7 DAYS OF YOUR PROCEDURE FROM OUR PAYMENT ESTIMATOR TEAM, PLEASE CALL THEM AT 302-565-6596 TO AVOID BEING CANCELLED OR RESCHEDULE**