|  |  |
| --- | --- |
| **\*Clear Liquid Diet Details: NO RED ORANGE or PURPLE. NO DAIRY** | |
| **Approved** | **Avoid** |
| Sodas, coffee, tea | No milk/dairy |
| Clear juices, fitness waters | No juices with pulp |
| Popsicles without pulp | **NO RED, ORANGE** |
| Chicken, vegetable, and beef broth | or **PURPLE** |
| Gelatin |  |
|  |  |

|  |  |
| --- | --- |
| **5 days to procedure** | **Review your prep instructions thoroughly. Review medication changes/restrictions starting today.** You may take aspirin and non-steroidal medication (Ibuprofen, Aleve, Naproxen) **STOP** iron supplements and fish oil. Please see page 3 for further medication instructions. |
| **3 days to procedure** | A red plate with food on it  Description automatically generated with low confidence**STOP** eating any raw vegetables or vegetables containing seeds, corn, popcorn, nuts, and seeds and stop any fiber supplements until after the procedure.  Purchase clear liquid diet items, ointment, reading material, etc. |
| **2 Days to procedure** | A red plate with food on it  Description automatically generated with low confidenceContinue a low fiber diet. Remember to avoid foods with nuts and seeds.  Confirm arrangements with your **driver**. |
| **1 day to procedure** | **NO SOLID FOODS, CLEAR LIQUIDS\* ONLY** upon rising, until after your procedure.  **Prep at a Glance**  **9:00 am** mix prep solution**|12:00 pm** take 2 bisacodyl **|** **4:00 pm** begin taking prep solution  Drink plenty of water and liquids throughout the day to avoid dehydration.  **Detailed, step-by-step instructions continue on page 2**. |
| **Procedure Day** | **5 Hours prior to the procedure** Drink remaining 32oz of prep solution. Nothing to eat or drink when you finish your prep solution  No Gum or hard candy | you MAY brush your teeth but DO NOT swallow  \*If you take heart, lung, blood pressure or seizure medication, you may take it with SMALL SIPS OF WATER ONLY, at least 2 hours before your procedure. |

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

You can reach Your Patient Advisor with non-medical prep questions at: **800.349.0285**

You can reach your physician’s office at: **913.355.3898**

**Special Notes**: You have been scheduled for a colonoscopy for the purpose of examining your colon and if necessary, removing any polyps (growth of tissue attached to the inside of the colon). The doctor may also take biopsies to check for other colon disorders. You will have an IV for the procedure so you can have sedation to make you comfortable during the procedure. Please follow your prep instructions carefully to ensure a clean colon for an accurate exam.

**PREP WEEK AT A GLANCE**

|  |  |  |  |
| --- | --- | --- | --- |
| A picture containing indoor, pitcher, vessel, white  Description automatically generatedPrep 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. To assure you are cleaned out, please do not adjust your prep start time. | | | |
| Step  1 |  | **9:00 AM** the day prior to your procedure  Mix the two packets of drink mix powder with 64 oz.  (1/2 gallon) of water. |  |
|  | | | |
| Step  2 |  | **9:00 AM** the day prior to your procedure  Mix the **ENTIRE BOTTLE** (8.3oz/238g) of Polyethylene Glycol 3350 with **64 oz.** of drink mix. Make sure the Polyethylene Glycol is mixed well and dissolved. Refrigerate prep solution. | A picture containing vessel, bottle  Description automatically generated |
|  | | | |
| Step  3 |  | **12:00 PM** the day prior to your procedure  Take 2 bisacodyl tablets with water. | A picture containing tableware, glass  Description automatically generated |
| Chart, funnel chart  Description automatically generated | | | |
| Step  4 |  | **4:00 PM** the evening prior to your procedure  Drink an 8 oz. glass of the solution every 10- 15 minutes until you have finished drinking **HALF OF THE MIXTURE** **(32 oz.)**  Continue to drink clear liquids. |  |
| *Individual responses to laxatives vary. Please stay close to a bathroom. This preparation will cause multiple bowel movements and urgency to have a bowel movement may be immediate.*  Prep Day: The day of your procedure | | | |
| Step  5 |  | **5 Hours prior to the procedure** finish the remaining amount of solution.  NOTHING TO EAT OR DRINK AFTER COMPLETING THE PREP  Patients on heart, lung, blood pressure or seizure medicine need to take their daily medication with a sip of water per their regular routine. NOTIFY THE NURSE IN THE GI LAB WHAT MEDICATIONS YOU HAVE TAKEN TODAY. | Chart, funnel chart  Description automatically generated |
|  | | | |
| Step  6 |  | **Arrive 1 ½ Hours prior to your procedure time.** Check in to Olathe Medical Center Patient Registration by the Emergency room on the back side of the hospital one and one half (1 ½) hours prior to your procedure time. Do NOT come to the doctor’s office. You will have a long walk to registration and will be late checking in. |  |
|  | | | |

**Information Regarding your procedure**

* If you are on ***Plavix, Coumadin, Heparin, Lovenox, Pradaxa (blood thinners only).***It is your responsibility to notify your cardiologist or primary care doctor that you are having a GI procedure and need to be directed on what to do with your blood thinners. If your doctor wants you to remain on the blood thinners, please notify the office before the procedure.
* If you are ***Diabetic***, please speak with your physician that treats your diabetes regarding any possible change in the dosage of your insulin or oral hypoglycemic agents on prep day and procedure day.
* If you weigh ***350 pounds or more***, please notify the office.

**The day of your procedure**

* Plan to be at the hospital for 3-4 hours total
* Make sure you have a legal adult available to drive you to the procedure and they must be available to stay at the hospital with you. **The procedure will not be done if you do not have a driver with you. You also need to have an adult with you the remainder of the day.**

**Insurance Policy**

* If your colonoscopy has been scheduled as a screening/routine (no symptoms) and the doctor finds a polyp or tissue that has to be removed the colonoscopy is no longer considered a screening procedure. It is considered a surgical procedure and your insurance benefits may change. If your GI procedure results in a pathology service such as a biopsy or polyp removal, you may receive a professional interpretation bill from LabCorp. Call the customer service number on your insurance card to check with your insurance company to see what your coverage is going to be. Our office will attempt to pre-certify your procedure, but it is your responsibility to contact your insurance company and acquire authorizations. This will minimize financial surprises as each insurance company and plan pays for this procedure differently. *\*If you do not have insurance, you will need to contact our billing office at 913-393-5267 to arrange for payment prior to the procedure.*
* There may be a fee for all no shows and cancellations made less than 24 hours prior to the scheduled procedure. This fee is not covered by insurance.

**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 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 the prep?**

The liquid amount is not weight dependent. It is important to finish the prep for a successful colonoscopy.