

## **Baptist Health Medical Group Colorectal Surgery Bowel Prep Packet**

Hello,

You will be having a colonoscopy with Dr. Nechol Allen on \_\_\_\_\_.

Arrive at \_\_\_\_\_.

**Your arrival time is subject to change.**

You may receive a call from Baptist at least 24 hours before your scheduled procedure date to confirm any changes in arrival. If you do not receive a call from Baptist Endoscopy Department or our office your arrival time will be as listed above.

Baptist Health Louisville Medical Pavilion- 3900 Kresge Way, 2<sup>nd</sup> floor Endoscopy unit.

You will find enclosed your prep instructions for your procedure.

Please follow the instructions listed for your procedure as this is the preferred prep method.

If you have questions about your medication and bowel prep instructions, please contact our office at (502)895-3633 between 8:00a-4:30p Monday through Friday. You can also send a message through Baptist MyChart.

**What to Bring:** Photo ID, Insurance Card, Medication List, Driver (Must be Age 18 or older)

### **Diabetics:**

- Insulin: Take half of the usual dose of your nighttime long-acting Insulin the night prior to your procedure. **Do not take Insulin the morning of your procedure.**
- Oral Diabetic Medications: If your medication is twice daily, hold the evening dose the night prior to the procedure. **Hold all oral diabetic medications the morning of your procedure.**  
**Remember to check your blood sugar frequently the day before and the day of your procedure.**

### **Five days before your colonoscopy**

Do **NOT** take medicines that stop diarrhea, such as loperamide (Imodium®) or bismuth subsalicylate (Kaopectate®, Pepto-Bismol®).

Do **NOT** take fiber supplements, such as Metamucil® or Citrucel®

Do **NOT** take products that contain iron, such as multivitamins (the label lists what is in the products).

### **Three days before your colonoscopy**

Do **NOT** eat high-fiber foods, such as popcorn, beans, seeds (flax, sunflower, quinoa), multigrain bread, nuts, salad/vegetables, or fresh and dried fruit.

### **One day before your colonoscopy**

**Only drink clear liquids the ENTIRE DAY before your colonoscopy. Do NOT eat any solid foods.** Drink at least **8 ounces** of clear liquids every hour after waking up. Stop drinking any liquids 2 hours prior to your arrival time.

## MIRALAX BOWEL PREP

Your Physician has recommended a Colonoscopy. For this procedure to be safe and informative, it is extremely important to read and follow the bowel prep instructions closely. Inadequate preparation limits the value of this procedure. If the colon is poorly prepped; pre-cancerous polyps or cancer could be missed and/or the procedure rescheduled, and the bowel prep would have to be repeated.

### TO PREPARE FOR YOUR TEST, PURCHASE THE FOLLOWING ITEMS OVER THE COUNTER:

- Purchase 1 box of Dulcolax Laxative Tablets at your local pharmacy (No Prescription is needed).
- Purchase 1 8.3oz/238gm of MiraLAX Laxative or you can purchase (2) 119gm bottles.
- Purchase (2) 32oz bottles of a sport drink (Gatorade, Powerade, or PREFERABLY G2) IF YOU ARE A DIABETIC THEN PURCHASE THE G2 ONLY. Do not purchase Red or Purple.

### THE DAY BEFORE YOUR PROCEDURE:

- At 12:00PM take (4) Dulcolax tablets with 8oz of water.
- At 6:00PM mix (1) 119gm or 1/2 of a 8.3oz bottle of MiraLAX in 32oz of (Gatorade, Powerade, G2, etc.)
- After mixing, start drinking 8oz every 15 minutes until prep is gone.

### 4 HOURS PRIOR TO ARRIVAL TIME:

- Mix (1) 119gm or 1/2 of a 8.3oz bottle of MiraLAX in 32oz of (Gatorade, Powerade, G2, etc.).
- After mixing, start drinking 8oz every 15 minutes until prep is gone.

Once you have completed your bowel prep, your stool should be yellow liquid.

**Prescription Medication:** Take as usual on the day of your colonoscopy with a small sip of water, unless listed on the "STOP MEDICATION" list, on the following page.

**Iron Supplements:** Stop taking all iron supplements 5 days prior to your colonoscopy.

**Phentermine:** Stop taking 2 weeks prior to your colonoscopy.

**STOP these medications the morning of:**

<u>Benazepril (Lotensin, Lotensin HCT)</u>	<u>Azilsartan Medoxomil (Edrbi)</u>
<u>Captopril (Capoten)</u>	<u>Candesartan (Atacand)</u>
<u>Enalapril (Vasotec, Epaned, Vaseretic)</u>	<u>Eprosartan (Teveten)</u>
<u>Fosinopril (Monopril)</u>	<u>Irbesartan (Avapro)</u>
<u>Lisinopril (Prinivil, Zestril, Zestoretic)</u>	<u>Telmisartan (Micardis)</u>
<u>Moexipril (Univasc)</u>	<u>Valsartan (Diovan, Prexxartan)</u>
<u>Perindopril (Aceon)</u>	<u>Losartan (Cozaar)</u>
<u>Quinapril (Accupril)</u>	<u>Olmesartan (Benicar)</u>
<u>Ramipril (Altace)</u>	<u>Entresto (Sacubitril/Valsartan)</u>
<u>Trandolapril (Mavik, Tarka)</u>	<u>Byvalson (nebivolol/Valsartan)</u>

Stop taking these medications 1 day prior to colonoscopy if you take a daily dose.  
Stop taking these medications 1 week prior to your colonoscopy, if you take a weekly dose.

<u>Exenatide: Byetta (SQ 2x a day for DM)</u>
<u>Bydureon (SQ weekly for DM)</u>
<u>Liraglutide: Victoza (SQ daily for DM) Saxenda (SQ daily for obesity)</u>
<u>Alibiglutide: Tanzeum (weekly for DM)</u>
<u>Dulaglutide: Trulicity (SQ weekly for DM)</u>
<u>Lixisenatide; Adlyxin (SQ daily for DM)</u>
<u>Semaglutide Ozempic) SQ weekly for DM)</u>
<u>Rybelsus (PO once a day for DM) Wegovy (SQ weekly for obesity)</u>
<u>Tizepatide: Mounjaro (SQ weekly for DM)</u>
<u>Zepbound</u>

**You can resume all medications after your colonoscopy has been completed.**

## CLEAR LIQUID DIET INSTRUCTIONS

**STOP DRINKING ALL LIQUIDS 2 HOURS PRIOR TO YOUR ARRIVAL TIME**

**\*\*\*NO EXCEPTIONS\*\*\***

<b>OKAY TO CONSUME:</b>
Clear Chicken, Beef, or Vegetable broth
Apple Juice (NO Applesauce)
Flavored bottled waters
Crystallite
Kool-Aid
Gatorade
Pedialyte
Tea ( <i>sweet or unsweet</i> )
Herbal Teas
Popsicles, Jello, Gelatin
Hard Candies such as Lifesavers & suckers
Soda

**DO NOT drink any liquids with RED OR PURPLE DYE.**

<b>DO NOT EAT THESE FOODS:</b>
Breads, Doughnuts, muffins, etc.
Vegetables & Fruit
Nuts & Popcorn
Milk product
Eggs
Cheese
Cloudy Liquids
Soups with noodles and tomato soup
Alcoholic Beverages
Red or Purple dyed drinks, Jello, etc.
Food that you chew
Food replacement shakes