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## **CLENPIQ BOWEL PREP KIT INSTRUCTIONS FOR COLONOSCOPY**

Fill this prescription **at least 1 week** before your procedure.

**YOUR PROCEDURE IS SCHEDULED ON:**

**YOU WILL START YOUR PREP ON:**

**INSTRUCTIONS FOR PREP:** Drink only ***CLEAR LIQUIDS*** the entire day before your procedure. **NO SOLID FOOD OR MILK!** DO NOT *drink* anything red or purple.

### **Acceptable Liquids**

Clear soup – broth, bouillon or consommé  
Clear fruit juice – white grape, clear apple juice  
Clear jello – any flavor ***except red***  
Soft drinks – Orange, Ginger Ale, Sprite, 7-Up,  
*Colas are acceptable*  
Gatorade – any flavor ***except red***  
Water, tea, coffee  
Hard candies – any flavor ***except red***  
Popsicles (**no sherbets or fruit bars**) not red  
or purple

### **Unacceptable Liquids**

Cranberry Juice (red), unfiltered apple juice,  
tomato juice, any other juices that are not clear  
Milk and all dairy products  
Non-dairy creamer

**IMPORTANT! – Drink plenty of clear liquids throughout the entire day to stay hydrated.**

### **HOW TO PREPARE THE CLENPIQ SOLUTION:**

The CLENPIQ BOWEL PREP Kit contains (2) 160 ml bottles and (1) Dosing cup  
***You must complete the entire prep to ensure the most effective cleansing.***

#### **1<sup>st</sup> Dose \*\* Starting at 4:00 PM**

STEP 1: Drink ALL the liquid in (1) bottle

STEP 2: IMPORTANT! You MUST drink at least (5) 8-ounce containers of ***acceptable liquids***  
***(see above)*** over the next 1 ½ hours.

#### **2<sup>nd</sup> Dose \*\* Starting at 10:00 PM** Repeat steps 1 & 2

***YOU ARE NOT TO HAVE ANYTHING TO DRINK AFTER MIDNIGHT THE NIGHT BEFORE YOUR COLONOSCOPY!!!*** \*\*\* If you take blood pressure or heart medication, please continue to take it at your regular time. If you take it in the morning, you can take it the morning of your procedure with a small sip of water. **Please drink as little water as possible.**



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**GO-Lytely, CO-Lytely, NuLytely SOLUTION INSTRUCTIONS FOR COLONOSCOPY**

You will be given a prescription for **GO-Lytely, CO-Lytely, NuLytely Solution**. Fill this prescription at least 1 week prior to your procedure.

**YOUR PROCEDURE IS SCHEDULED ON:**

**YOU WILL START YOUR PREP ON:**

**INSTRUCTIONS FOR PREP:** Drink only ***CLEAR LIQUIDS*** the entire day before your procedure. **NO SOLID FOOD OR MILK!** DO NOT *drink* anything red or purple.

**Acceptable Liquids**

Clear soup – broth, bouillon or consommé  
Clear fruit juice – white grape, clear apple juice  
Clear Jell-O – any flavor ***except red***  
Soft drinks – Orange, Ginger Ale, Sprite, 7-Up,  
*Colas are acceptable*  
Gatorade – any flavor ***except red***  
Water, tea, coffee  
Hard candies – any flavor ***except red***  
Popsicles (**no sherbets or fruit bars**) not red or purple

**Unacceptable Liquids**

Cranberry Juice (red), unfiltered apple juice,  
tomato juice, any other juices that are not clear  
Milk and all dairy products  
Non-dairy creamer

**IMPORTANT! – Drink plenty of clear liquids throughout the entire day to stay hydrated.**

**HOW TO PREPARE THE GO-Lytely, CO-Lytely, NuLytely SOLUTION:**

The kits come with a disposable bottle containing granules to mix with water to make the solution. Many patients prefer adding powdered *Crystal-Lite drink* to mix into the oral solution for better flavor. Lemonade or Iced Tea flavored is preferable. **Avoid red flavorings.**

**\*\* Starting at 2:00 PM - THE DAY BEFORE YOUR PROCEDURE**

Drink 6-8 oz. every 10-15 until your bowel movements are a clear liquid. This usually takes drinking between 3-4 liters of solution. ***You must complete the entire prep to ensure the most effective cleansing.***

**YOU ARE NOT TO HAVE ANYTHING TO DRINK AFTER MIDNIGHT THE NIGHT BEFORE YOUR COLONOSCOPY!!!**

\*\*\* If you take blood pressure or heart medication, please continue to take it at your regular time. If you take it in the morning, you can take it the morning of your procedure with a small sip of water. **Please drink as little water as possible.**



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## **MIRALAX PREPARATION FOR COLONOSCOPY**

**Procedure Date:**

**Arrival Time:**

### **The following items need to be purchased at a pharmacy:**

- Miralax, 238 gram bottle
- 64 ounces of Gatorade (no red or blue color) for diabetic patients, please use low-calorie Gatorade
- Milk of Magnesia (only need to take 3 tablespoons)

### **ONE WEEK PRIOR TO YOUR PROCEDURE:**

- STOP** taking ALL ASPIRIN (ECOTRIN, BABY ASPIRIN), BLOOD THINNING MEDICATION (COUMADIN, ADVIL, ALEVE, FELDENE), IBUPROFEN (MOTRIN), AND VITAMIN E, ALL MULTI-VITAMINS **7 -10 DAYS PRIOR TO PROCEDURE**
- You are **ALLOWED TO TAKE REGULAR TYLENOL FOR PAIN**. IF YOU ARE TAKING BLOOD PRESSURE AND CHOLESTEROL, MEDICATIONS YOU DO NOT NEED TO STOP THESE
- If you are on Coumadin, Plavix or Heparin, check with your family doctor if it is ok to stop taking these medications.
- If you are diabetic, you may need to adjust your medication. Check with your family doctor
- If you are taking Glucophage (Metformin), please stop this one day prior to the procedure.

### **DAY BEFORE PROCEDURE:**

**Begin clear liquid diet starting in the morning as soon as you wake up:** You may have the following: Water, Apple juice, White grape juice, and Grapefruit juice (NO PULP), 7-Up, Ginger Ale, and Coffee/Tea with sugar and/or honey only. **Jell-O** – any color but red (limited amounts only) **Soups** – Clear broth only (no cream soups)

**Step 1:** On the day before your surgery at 1 PM, take three (3) tablespoons of Milk of Magnesia. Drink at least one 8 oz. glass of water after taking the Milk of Magnesia.

**Step 2:** Mix the entire 238 gram bottle of Miralax with 64 oz. of Gatorade. Shake the solution until the powder is dissolved. Begin drinking the Miralax between 3 and 6 pm; drink one (1) 8 oz. glass over 10-15 minutes until all of the liquid is gone.

### **YOU MAY CONTINUE ON CLEAR LIQUIDS UNTIL MIDNIGHT**

### **DO NOT EAT OR DRINK ANYTHING BY MOUTH AFTER MIDNIGHT**

### **DAY OF PROCEDURE:**

If you take blood pressure or heart medicine in the morning, please take these like normal with just a sip of water. IF your procedure is outpatient, you must have someone drive you home after the procedure because the medicine will make your very sleepy. **YOU WILL NEED A FRIEND OR FAMILY MEMBER TO PICK YOU UP. YOU ARE NOT ALLOWED TO TAKE A TAXI, BUS OR LIMOUSINE unless you are accompanied by a friend or family member. OTHERWISE YOUR PROCEDURE WILL BE CANCELLED.**



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## **MOVIEPREP INSTRUCTIONS FOR COLONOSCOPY**

**You will be given a prescription for MOVIPREP. Fill this prescription a few days prior to your procedure.**

**YOUR PROCEDURE IS SCHEDULED ON:**

**YOU WILL START YOUR PREP ON:**

**INSTRUCTIONS FOR PREP: Drink only *CLEAR LIQUIDS* the entire day before your procedure. **NO SOLID FOOD OR MILK!** DO NOT *drink* anything red or purple.**

### **Acceptable Liquids**

Clear soup – broth, bouillon or consommé  
Clear fruit juice – white grape, clear apple juice  
Clear Jell-O – any flavor ***except red***  
Soft drinks – Orange, Ginger Ale, Sprite, 7-Up,  
*Colas are acceptable*  
Gatorade – any flavor ***except red***  
Water, tea, coffee  
Hard candies – any flavor ***except red***  
Popsicles (**no sherbets or fruit bars**) not red or purple

### **Unacceptable Liquids**

Cranberry Juice (red), unfiltered apple juice,  
tomato juice, any other juices that are not clear  
Milk and all dairy products  
Non-dairy creamer

**IMPORTANT! – Drink plenty of clear liquids throughout the entire day to stay hydrated.**

### **HOW TO PREPARE THE MOVIPREP SOLUTION:**

The MOVIPREP Kit contains (4) pouches and a disposable container for mixing. ***You must complete the entire prep to ensure the most effective cleansing.***

#### **\*\* Starting at 4:00 PM**

**STEP 1:** Empty (1) pouch **A** and (1) pouch **B** into the disposable container. Add lukewarm drinking water top line of the container. Mix to dissolve. If preferred, mix the solution ahead of time and refrigerate prior to drinking. The reconstituted solution should be used within 24 hours.

**STEP 2:** The MOVIPREP container is divided by 4 marks. Every 15 minutes, drink the solution down to the next mark (approximately 8 oz.) until the full liter is consumed. It takes about 1 hour to drink 1 liter.

#### **\*\* Starting at 7:00 PM** Repeat steps 1 & 2

***YOU ARE NOT TO HAVE ANYTHING TO DRINK AFTER MIDNIGHT THE NIGHT BEFORE YOUR COLONOSCOPY!!!*** \*\*\* If you take blood pressure or heart medication, please continue to take it at your regular time. If you take it in the morning, you can take it the morning of your procedure with a small sip of water. **Please drink as little water as possible.**



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## OSMO PREP (TABLETS) INSTRUCTIONS FOR COLONOSCOPY

**You will be given a prescription for OSMO PREP. Fill this prescription a few days prior to your procedure, and purchase 2 tablets/Ducolax Laxative and 1 Fleet Enema.\*\*\***

*If you have ever had abnormal KIDNEY FUNCTION test, or an elevated BUN & CREATININE – Please call our office before starting this PREP.*

**YOUR PROCEDURE IS SCHEDULED ON:**

**YOU WILL START YOUR PREP ON:**

**INSTRUCTIONS FOR PREP: Drink only *CLEAR LIQUIDS* the entire day before your procedure. **NO SOLID FOOD OR MILK!** DO NOT *drink* anything red or purple.**

### Acceptable Liquids

Clear soup – broth, bouillon or consommé  
Clear fruit juice – white grape, clear apple juice  
Clear Jell-O – any flavor **except red**  
Soft drinks – Orange, Ginger Ale, Sprite, 7-Up,  
*Colas are acceptable*  
Gatorade – any flavor **except red**  
Water, tea, coffee  
Hard candies – any flavor **except red**  
Popsicles (**no sherbets or fruit bars**) not red or purple

### Unacceptable Liquids

Cranberry Juice (red), unfiltered apple juice,  
tomato juice, any other juices that are not clear  
Milk and all dairy products  
Non-dairy creamer

### **1. FIRST DOSING REGIMEN**

Begin your first dosing regimen (20 tablets total) **the day prior to your exam:**

DOSE 1 START AT 4:00 PM	4 TABLETS with 8 OZ. CLEAR LIQUIDS
DOSE 2 START AT 4:15 PM	4 TABLETS with 8 OZ. CLEAR LIQUIDS
DOSE 3 START AT 4:30 PM	4 TABLETS with 8 OZ. CLEAR LIQUIDS
DOSE 4 START AT 4:45 PM	4 TABLETS with 8 OZ. CLEAR LIQUIDS
DOSE 5 START AT 5:00 PM	4 TABLETS with 8 OZ. <u>GINGERALE</u>

### **2. SECOND DOSING REGIMEN**

Begin your second dosing regimen (8 tablets total) **at 8:00 PM:**

DOSE 1 START AT 8:00 PM	4 TABLETS with 8 OZ. <b>WATER ONLY</b>
DOSE 2 START AT 8:15 PM	4 TABLETS with 8 OZ. <u>GINGERALE</u>

### **3. DULCOLAX - Take 2 tablets at 9:00 PM**

**\*\*\*If you have NO BOWEL MOVEMENT by 9:30 PM, use 1 Fleet Enema\*\*\***

**In order to have an excellent evaluation, it is very important to have a *clean colon by completing the bowel prep in its entirety as directed*. If you have any problems with your bowel prep, please notify the office as soon as possible (even on the weekends). If the colon is not completely clean, you may need to repeat the test.**

**YOU ARE NOT TO HAVE ANYTHING TO DRINK AFTER MIDNIGHT THE NIGHT BEFORE YOUR COLONOSCOPY!!!** \*\*\* If you take blood pressure or heart medication, please take these on the morning of your procedure with a small sip of water. **Please drink as little water as possible.**



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## **SUPREP BOWEL PREP INSTRUCTIONS FOR COLONOSCOPY**

You will be given a prescription for **SUPREP**. Fill this prescription a few weeks prior to your procedure to avoid last minute delays.

**YOUR PROCEDURE IS SCHEDULED ON:**

**YOU WILL START YOUR PREP ON:**

**INSTRUCTIONS FOR PREP:** Drink only **CLEAR LIQUIDS** the entire day before your procedure. **NO SOLID FOOD OR MILK!** DO NOT *drink* anything red or purple.

### **Acceptable Liquids**

Clear soup – broth, bouillon or consommé  
Clear fruit juice – white grape, clear apple juice  
Clear Jell-O – any flavor **except red**  
Soft drinks – Orange, Ginger Ale, Sprite, 7-Up,  
*Colas are acceptable*  
Gatorade – any flavor **except red**  
Water, tea, coffee  
Hard candies – any flavor **except red**  
Popsicles (**no sherbets or fruit bars**) not red or purple

### **Unacceptable Liquids**

Cranberry Juice (red), unfiltered apple juice,  
tomato juice, any other juices that are not clear  
Milk and all dairy products  
Non-dairy creamer

**IMPORTANT! – Drink plenty of clear liquids throughout the entire day to stay hydrated.**

**HOW TO PREPARE THE SUPREP SOLUTION:** *Please follow doctor's bowel prep instructions. Not the one in the box.*

The SUPREP BOWEL PREP Kit contains (2) 6 oz. bottles of liquid bowel prep and (1) 16 oz. mixing container. ***You must complete the entire prep to ensure the most effective cleansing.***

### **1<sup>st</sup> Dose \*\* Starting at 2:00 PM - THE DAY BEFORE YOUR PROCEDURE**

- STEP 1: Drink (1) 6 oz. bottle of Suprep liquid into the mixing container.
- STEP 2: Add cool drinking water to the 16 oz. line on the container and mix well.
- STEP 3: Drink ALL the liquid in the container.
- STEP 4: IMPORTANT! You MUST drink (2) more 16-ounce containers of **water** over the next 1 hour.

### **2<sup>nd</sup> Dose \*\* Starting at 9:00 PM - THE NIGHT BEFORE YOUR PROCEDURE**

REPEAT STEPS 1,2,3 and 4.

**YOU ARE NOT TO HAVE ANYTHING TO DRINK AFTER MIDNIGHT THE NIGHT BEFORE YOUR COLONOSCOPY!!!** \*\*\* If you take blood pressure or heart medication, please continue to take it at your regular time. If you take it in the morning, you can take it the morning of your procedure with a small sip of water. **Please drink as little water as possible.**