

Patient Education

Preparation for your Colonoscopy

A step-by-step guide to having a successful colonoscopy

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The type of bowel prep and location of your procedure may change for various reasons including insurance requirements and safety based on your medical condition.

This guide is designed to assist you to have a safe and successful procedure.

MEDICATIONS:

Unless otherwise instructed, you may take all medications the day prior to your procedure. The day of your procedure, you may take blood pressure or cardiac medications with a sip of water up until two hours prior to the exam. You may resume your other medications after the procedure. Please see below for special instructions related to blood thinners and Diabetes management.

BLOOD THINNERS:

PLEASE NOTIFY THE OFFICE IF YOU ARE TAKING BLOOD THINNERS OR IF YOU HAVE A HEART VALVE REPLACEMENT. If you take Coumadin or any other blood thinners: Our Anticoagulation team will work to determine the appropriate hold based on your specific circumstances and will contact you regarding the hold.

Examples of Blood Thinning medications include: *Warfarin (Coumadin™, Jantoven™) * Clopidogrel (Plavix™), prasugrel (Effient™), ticagrelor (Brilinta™), ticlopidine (Ticlid™) * Cangrelor (Kengreal™) * Cilostazol (Pletal™) * Dabigatran (Pradaxa™) * Rivaroxaban (Xarelto™) * Apixaban (Eliquis™) * Edoxaban (Savaysa™) * Heparin, enoxaparin (Lovenox™), dalteparin (Fragmin™), fondaparinux (Arixtra™) *Aggrenox™ * Vorapaxar (Zontivity™)

DIABETIC MANAGEMENT:



If you are diabetic, please contact your Diabetic medication-prescribing doctor in advance on how to take your medications on the day before and the day of the procedure. If you take one of the **Diabetes or Weight Loss** medications below (called GLP-1 receptor agonist) **do not take the last dose prior to the procedure** per the table below. **Note that the last dose may be the week or more before the procedure if the medication is administered once weekly.**

GLP-1 Receptor Agonists:

Brand	Generic	Route	Frequency	Do Not Take
Byetta, Bydureon BCise	Exenatide Exenatide extended-release	SubQ	Twice Daily	Do not take the day of procedure.
Victoza, Saxenda	liraglutide	SubQ	Once Daily	Do not take the day of procedure.
Adlyxin	lixisenatide	SubQ	Once Daily	Do not take the day of procedure.
Trulicity	dulaglutide	SubQ	Once Weekly	Do not take the last scheduled dose prior to procedure. This should be at held at least 7 days.
Ozempic, Wegovy	semaglutide	SubQ	Once Weekly	Do not take the last scheduled dose prior to procedure. This should be held at least 7 days.
Rybelus	semaglutide	Oral	Daily	Do not take the day of procedure.
Mounjaro, Zepbound	tirzepatide	SubQ	Once Weekly	Do not take the last scheduled dose prior to procedure. This should be held at least 7 days.

PROCEDURE PREPARATION:

- **FIVE DAYS PRIOR** to your procedure you will need to stop Iron pills or multivitamins containing Iron until after your procedure.
 - Arrange for a responsible adult to drive you home from the procedure!
- **THREE DAYS PRIOR** to your procedure **STOP** eating any raw vegetables or vegetables containing seeds, corn, popcorn, nuts, and seeds and stop any fiber supplements until after the procedure.
- **ONE DAY PRIOR** to your procedure drink only clear liquids for breakfast, lunch, and dinner. **NO RED, OR PURPLE LIQUIDS**.
 - Clear liquids include: *fruit juice (apple, white grape, White cranberry, and lemonade) * water *clear broth or bouillon * coffee or tea (without milk or cream), *soda, *jello * ice pops.
 - **NO SOLID FOOD**. Clear liquids will help cleanse your colon allowing better visualization during the exam.
- **AT MIDNIGHT THE NIGHT BEFORE** please stop consuming any fluids other than the bowel preparation and recommended water taken with the prep. Medication can be taken with small sips of water only.
- **TWO HOURS BEFORE THE PROCEDURE** you must avoid all oral intake at this time. All medication must be taken prior to this time.

5 days prior to procedure	3 days prior to procedure	2 days prior to procedure	1 day prior to procedure	On the day of procedure
<p>Review your prep instructions thoroughly.</p> <p>If you take blood thinners, our office will determine what holds are necessary. If you do not hear from our office and your procedure is within 5 business days please call (610) 821-2828 Ext. 736 for the Anticoagulation team.</p>	 <p>Stop eating any raw vegetables or vegetables containing seeds, corn, popcorn, nuts, and seeds. Also, stop and fiber supplements until after the procedure. Purchase clear liquid diet items.</p>	 <p>Continue low fiber diet. Remember to avoid foods with nuts and seeds.</p> <p>Confirm arrangements with your driver.</p>	<p>No solid foods, clear liquids only upon rising, until after your procedure. A clear liquid diet is necessary for a colonoscopy.</p> <p>Nothing by mouth after midnight with the exception of finishing the prep and small sips of water medication.</p> <p>Nothing by mouth for at least two (2) hours prior to procedure arrival time.</p>	<p>No gum, hard candy, or chewing tobacco. You may brush your teeth but do not swallow.</p> <p>*If you take blood pressure medication, you may take it with a SMALL SIP OF WATER ONLY, at least 2 hours before your procedure.</p>

***Clear Liquid Diet Details: NO RED 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 or PURPLE
Chicken, vegetable and beef broth	
Gelatin	



ABOUT BOWEL PREPS

Remember: The best examination of your colon requires thorough cleansing prior to the procedure. Follow these instructions rather than those that come with the prep.

Colon-cleansing preparations cause frequent, liquid stools. You may have your first bowel movement about one hour after you start to drink the solution. You may continue to pass liquid stools for up to three hours after you finish the solution.

If you find it hard to tolerate the taste of the solution, these tips may help:

- Refrigerate the solution and drink it cold. **Do not add ice or flavorings.**
- Suck on ice or a lemon or lime wedge.
- Drink the solution through a straw.

Side effects from the preparations may include bloating, stomach cramps, nausea and vomiting. You also may have chills, headache and irritation of your rectal area. If you have severe cramps, nausea or vomiting, drink the solution more slowly until your symptoms improve.

All preparations work best when you take them as a split-dose. This means you take the first dose the evening before your procedure. You take the second dose the day of your procedure. It is very important to drink all of the preparation solution.

For All Preps:

- Please **purchase** two (2) 250 mg Simethicone tablets. This is sold over-the-counter and commonly called Gas-X, Mylicon, or Phazyme.
- Simethicone enhances visualization of the colon during the procedure by reducing bubbles according to several studies.
- You may have nothing by mouth after midnight except the prep. This includes smoking, chewing gum, ice chips or hard candy. You may brush your teeth, making sure you spit.

Plan ahead for your second dose. Note how your body reacts to the evening dose of preparation solution. Give yourself plenty of time.

TYPES of BOWEL PREPS

There are several types of colon cleansing preparations (prep) utilized. Your provider will choose the best for you. Not all preps will be covered by your insurance. Please follow the instructions in this book and not the instructions provided by the manufacturer. Some preparations have several different names; see names that are common below.

In this guide, you can find instructions for following **ONE** of the recommend preps:

- A. **Miralax** (Standard) AKA (Polyethylene Glycol 3350, ClearLax, GlycoLax) **All ingredients available over-the-counter (OTC)**
- B. **Golytely** AKA (PEG 3350 with Electrolytes, Colyte, GaviLyte-C, Trilyte, Nulytely)
- C. **SuPrep** (Sodium Sulfate, Potassium Sulfate, and Magnesium Sulfate Oral Solution)
- D. **Clenpiq**
- E. **Plenvu** AKA (PEG 3350 with Electrolytes)
- F. **SuTab** (Sodium Sulfate, Potassium Sulfate, and Magnesium Sulfate Oral Tablets)
- G. **SuFlave**

**** Don't forget you will need to purchase two (2) 250 mg Simethicone tablets ****

A. MiraLAX Prep

Purchase: One (1) 238-gram (equal to 8.3 oz.) bottle of **MiraLAX** (over the counter), Four (4) **Dulcolax** pills (over the counter), and 64 oz of Gatorade (**No RED, OR PURPLE**) If you have diabetes use sugar free options).

ONE DAY PRIOR to your procedure drink only clear liquids for breakfast, lunch, and dinner. **NO RED, OR PURPLE LIQUIDS**.

- Clear liquids include: *fruit juice (apple, white grape, white cranberry, and lemonade) * water *clear broth or bouillon * coffee or tea (without milk or cream), *soda, *jello * ice pops (Orange, Yellow, Green, Blue, **BUT No RED, OR PURPLE**)
- **NO SOLID FOOD**. Clear liquids will help cleanse your colon allowing better visualization during the exam.

At 3 PM –Take two (2) Dulcolax tablets with 16 oz. of water.

At 6 PM –In a container, mix a 238-gram bottle of Miralax into 64 oz. of Gatorade. Shake well. (Do not drink ice cold).

- **Drink ½ of entire solution now (set aside the other half until the day of the procedure explained below)** drink an 8 oz. glass of this mixture every 15-20 minutes until gone (approx. 1½ - 2 hours).

Example:

- 6:15 PM drink 8 ounces of the Miralax mixture
- 6:30 PM drink 8 ounces of the Miralax mixture
- 6:45 PM drink 8 ounces of the Miralax mixture
- 7:00 PM drink 8 ounces of the Miralax mixture

A watery bowel movement will probably occur in approximately 1 hour after starting the mixture.

At 9 PM – Take two (2) Dulcolax tablets with 16oz glass of water.

- Continue clear liquids until midnight but take nothing additional by mouth (NPO) after midnight except for the prep. This includes smoking, chewing gum and hard candy.

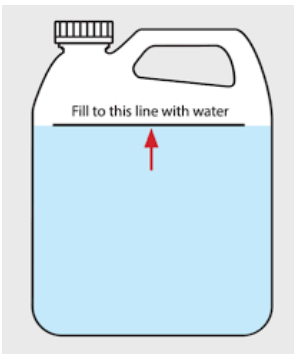
DAY OF PROCEDURE:

- **Six (6) hours prior to Arrival Time** for your procedure drink the remaining portion of Miralax mixture over one hour.
 - **Example:** if arrival time is 8:00 AM then begin drinking Miralax Mixture at 2:00 AM and complete by 3 AM
- You may take heart and blood pressure medication with a small sip of water up until 2 hours before the procedure.
- After completing the bowel prep, take two (2) 250 mg Simethicone tablets.
- Nothing can be consumed within 2 hours of your procedure

B. Golytely Prep AKA (PEG 3350 with Electrolytes, Colyte, GaviLyte-C, Trilyte, Nulytely)

- **ONE DAY PRIOR:**

At **5PM** the day before the examination, mix the solution by adding lukewarm water to the fill line mark on the bottle.



Cap the bottle and shake to dissolve the powder. The reconstituted solution will be clear and colorless. **Refrigerate after mixing and use within 48 hours.**

At **6PM** Drink 1 (8oz) glass every 10 minutes until you drink half the container (about 8 glasses). Drink each glass quickly rather than drinking small amounts continuously.

- **DAY OF PROCEDURE:**

6 hours prior to your **Arrival Time** on the morning of the examination:

Drink the remainder of the container 1 (8oz) glass every 10 minutes until the container is empty.

- After completing the bowel prep, take two (2) 250 mg Simethicone tablets.
- You may take heart and blood pressure medication with a small sip of water up until 2 hours before the procedure.
- Nothing can be consumed within 2 hours of your procedure.

C. SuPrep

• ONE DAY PRIOR:

At **6 PM** the day before the examination:

- 1) Pour **one (1)** 6-ounce bottle of SUPREP liquid into the mixing container.
- 2) Add cool drinking water to the 16-ounce line on the container and mix (be sure to dilute all SUPREP in the cup before you drink it).
- 3) Drink ALL of the liquid in the container.
- 4) You **must** drink **TWO (2)** more 16-ounce containers of water over the next 1 hour).



• DAY OF PROCEDURE:

6 hours prior to your **Arrival Time** on the morning of the examination: Mix the **second** 6-ounce bottle of SUPREP and follow steps as outlined above.

- After completing the bowel prep, take two (2) 250 mg Simethicone tablets.
- You may take heart and blood pressure medication with a small sip of water up until 2 hours before the procedure.
- Nothing can be consumed within 2 hours of your procedure.

D. Clenpiq Prep

• ONE DAY PRIOR:

At **6 PM** the day before the examination: 1) Drink CLENPIQ right from the bottle. 2.) Drink **five** (8 oz) cups of clear liquid over the next 5 hours.

• DAY OF PROCEDURE:

6 hours prior to your **Arrival Time** on the morning of the examination:

1) Drink the other bottle of CLENPIQ right from the bottle, then drink **four** (8oz) cups of clear liquid. Finish all liquids at least 4 hours prior to your Colonoscopy.

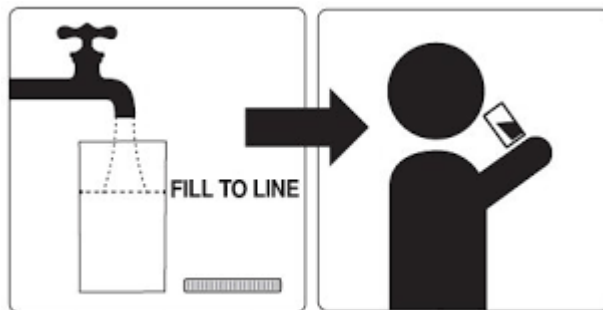
- After completing the bowel prep, take two (2) 250 mg Simethicone tablets.
- You may take heart and blood pressure medication with a small sip of water up until 2 hours before the procedure.
- Nothing can be consumed within 2 hours of your procedure.

E. Plenvu Prep

- **ONE DAY PRIOR:**

At **6 PM** the day before the examination:

1) Use the mixing container to mix the contents of the Dose 1 pouch with at least 16 ounces of water by shaking or using a spoon until it's completely dissolved. This may take up to 2 to 3 minutes. Take your time—slowly finish the dose within 30 minutes.



2) Refill the container with at least 16 ounces of clear liquid. Again, take your time and slowly finish all of it within 30 minutes. Continue to drink additional clear liquids throughout the evening.

- **DAY OF PROCEDURE:**

6 hours prior to your **Arrival Time** on the morning of the examination:

1) Use the mixing container to mix the contents of Dose 2 (Pouch A and Pouch B) with at least 16 ounces of water by shaking or using a spoon until it's completely dissolved. This may take up to 2 to 3 minutes. Take your time—slowly finish the dose within 30 minutes.

2) Refill the container with at least 16 ounces of clear liquid. Again, take your time and slowly finish all of it within 30 minutes.

- After completing the bowel prep, take two (2) 250 mg Simethicone tablets.
- You may take heart and blood pressure medication with a small sip of water up until 2 hours before the procedure.
- Nothing can be consumed within 2 hours of your procedure.

F. SuTab

- **ONE DAY PRIOR:**

At **6PM** the day before the examination:

1. Using the container provided, drink 16 ounces of water over 30 minutes.
2. Open one (1) bottle of 12 tablets.
3. Fill the container provided with 16 ounces of water, **Swallow 1 tablet every 1 to 2 minutes. Do not take more than one tablet at a time. You should finish the 12 tablets and the entire 16 ounces of water within 20 minutes.**
4. Approximately 1 hour after finishing the second container of water and tablets, you must drink an additional 16 ounces of water.
5. Approximately 30 minutes after step 4 fill the provided container with 16 ounces of water and drink the entire amount over 30 minutes.



Tablets not shown actual size.



May continue clear liquids until midnight.

- **DAY OF PROCEDURE:**

8 hours prior to your **Arrival Time** the morning of the examination: Take the **second** bottle of SUTAB by **repeating Steps 2-5 above.**

- After completing the bowel prep, take two (2) 250 mg Simethicone tablets.
- You may take heart and blood pressure medication with a small sip of water up until 2 hours before the procedure.
- Nothing can be consumed within 2 hours of your procedure.

G. SuFlave

- **ONE DAY PRIOR:**

At **6 PM** the day before the examination (For best taste prepare mixture in advance):

- 1) Open one (1) flavor-enhancing packet and pour the contents into one (1) of the provided bottles.
- 2) Fill the bottle with lukewarm drinking water up to the line. After capping the bottle, gently shake the bottle until all powder has dissolved. Use within 24 hours.
- 3) Drink ALL of the liquid in the bottle.
- 4) You must drink at least an additional 16-ounces of water during the evening and after completing the second bottle.

- **DAY OF PROCEDURE:**

6 hours prior to your **Arrival Time** on the morning of the examination: Mix the **second** packet of SuFlave and follow steps as outlined above, finishing the prep and additional water over the next 1-1.5 hours.

- After completing the bowel prep, take two (2) 250 mg Simethicone tablets.
- You may take heart and blood pressure medication with a small sip of water up until 2 hours before the procedure.
- Nothing can be consumed within 2 hours of your procedure.



2-day Prep

Sometimes your provider may ask you to complete a 2-day Prep.

A 2-day bowel prep enhances visualization and the likelihood of a successful procedure.

It will be either **Magnesium Citrate** or **Dulcolax**

Magnesium Citrate:

Purchase: - Two ten (10) oz. bottles of Magnesium Citrate **available over-the-counter (OTC)**

Procedure Preparation *Magnesium Citrate:*

- The morning **TWO DAYS PRIOR** to your procedure, start a clear liquid diet NO **RED**, OR **PURPLE LIQUIDS**.
- **3 PM-** Drink one (10) ten oz bottle of Magnesium Citrate. Follow with 16 oz. of approved clear liquid.
- **6PM** – Drink one (10) ten oz. bottle of Magnesium Citrate. Follow with 16 oz. of approved clear liquid.
- **ONE DAY PRIOR** to your procedure, remain on clear liquids. You will follow the specified bowel prep instructions for the remainder of your prep.

OR

Dulcolax:

Purchase: - Four (4) 5mg Dulcolax Tablets **available over the counter (OTC)**

Procedure Preparation *Dulcolax:*

- The morning **TWO DAYS PRIOR** to your procedure, start a clear liquid diet NO **RED**, OR **PURPLE LIQUIDS**.
- **3 PM-** take Two (2) Dulcolax tablets. Follow with 16 oz. of approved clear liquid.



- **6 PM** –take Two (2) Dulcolax tablets. Follow with 16 oz. of approved clear liquid



- **ONE DAY PRIOR** to your procedure, remain on clear liquids. You will follow the specified bowel prep instructions for the remainder of your prep.

**This preparation may cause multiple bowel movements, often works within 30 minutes, and may take as long as 3 hours. Please remain within easy reach of toilet facilities.

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 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 midnight. Then, you may complete your bowel prep and any clear liquids recommended in the instructions, completing all liquids at least four (4) hours prior to your colonoscopy. Blood pressure and cardiac meds may be taken with small sips at least two (2) hours prior to your scheduled arrival time.

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.

Additional but important information

Please be aware that no diagnostic test is 100% accurate. Ensuring that you have a thorough bowel cleansing will increase the accuracy of your colon examination.

THE DAY OF YOUR PROCEDURE:

1. **NOTHING BY MOUTH:** you should finish your prep four (4) hours prior to your procedure! (You may take heart and blood pressure medication with a small sip of water at least two hours prior to your scheduled arrival time).



2. If you are diabetic, take your medication as advised by your prescriber.
3. Someone **MUST DRIVE YOU HOME** after your procedure, due to sedation. If you plan to take public transportation (bus, taxi, etc.) you **MUST** have an adult accompany you to the procedure and back to your home or the procedure will not be done.
4. **You may return to your normal activities the following day after your procedure.**



***In the event of a medical need, you may require admission to the hospital.**

Location and Arrival Time for your procedure

Please arrive at your scheduled location at the required time prior to your procedure as indicated below:

Eastern Pennsylvania Endoscopy Center

1501 N. Cedar Crest Blvd., Suite 100
Allentown, PA 18104 610-289-2172

Arrive 30 Minutes Before your Procedure

Please park in the parking lot in the front of building. If you have further questions about your medication, please call 610-289-2172 between the hours of 7AM-3PM Mon-Fri.

Nazareth Endoscopy Center

Health Center Easton
2401 Northampton St., Suite 220
Easton, PA 18045 610-756-9900

Arrive 30 Minutes Before your Procedure

Park in the lot in the front of the building and proceed to the second floor.

Lehigh Valley Hospital- Hecktown Oaks

3780 Hecktown Road
Easton, PA 18042 484-546-5940

Arrive 60 Minutes Before your Procedure

Park in front of the LVH Hospital Main entrance. Walk into the main entrance, turn right and check in at registration.

Lehigh Valley Hospital- Pocono

206 East Brown Street
East Stroudsburg, PA 18301 570-421-4000

Arrive 75 Minutes Before your Procedure

Please park in the lot at the Cancer Center or use the free Valet parking. Enter at the main front entrance and check in at central registration (first hallway on the right).

Lehigh Valley Hospital-Cedar Crest

I-78 & Cedar Crest Blvd.
Allentown, PA 18103 610-402-8000

Arrive 60 Minutes Before your Procedure

Please park in the lot located just in front of the hospital. Proceed into the lobby toward the elevators. Make a hard left before the elevators and you will see the GI/Endoscopy suite.

Lehigh Valley Hospital-Muhlenberg

2545 Schoenersville Rd.
Bethlehem, PA 18017 484-884-2200

Arrive 60 Minutes Before your Procedure

Report to: 2nd floor, Ambulatory Staging Unit

Date of Procedure: _____ LOCATION _____

PROCEDURE TIME: _____ ARRIVAL TIME: _____

Example: if you Procedure time is 8 AM for Lehigh Valley Hospital-Pocono you will need to arrive at 6:45 AM.