



3-DAY VIGOROUS PROCEDURE PREPARATION

Colonoscopy examination requires a bowel prep prior to the procedure. It's very important to have a clean colon, without retained stool, to ensure the best examination results. **By the end of your bowel prep your stool should be liquid, either clear or yellow in color.** If your stool remains brown at the end of your prep there will be decreased visualization of your colon, and *chances are that your exam will need to be rescheduled.* Read and follow the instructions below carefully. If instructions are not followed, your physician may not be able to complete your procedure.

SPECIAL INSTRUCTIONS FOR PATIENTS TO WHICH THE FOLLOWING APPLIES:

- **Heart Defibrillators:**
 - Please call our office immediately to inform the office staff if you have a heart defibrillator. If so, your procedure will need to be scheduled at the hospital setting.
- **Blood thinners (examples include Coumadin, Plavix, Eliquis, Xarelto, etc.):**
 - **If you are on blood thinners, you are required to call our office at (208)489-1887.**
 - Your colonoscopy examination may need to be repeated if a large polyp is found while taking blood thinners.
- **Diabetes:**
 - ***If you are taking medications for diabetes, please call your primary care doctor to inform them that you are having a colonoscopy examination. Ask them if your medication doses need to be adjusted and if so, how to adjust them during your colonoscopy preparation and on the day of your procedure.***
 - Remember to check your blood sugars frequently throughout the day *before* your colonoscopy procedure and on the day of your colonoscopy procedure.
- **Peritoneal Dialysis:**
 - **Your check in time may change if you are receiving peritoneal dialysis. You are required to call our office at (208)489-1887 prior to your appointment.**

HELPFUL HINTS

- ***Examples of FULL LIQUID MEAL MAY INCLUDE:*** Cream of Wheat (no oatmeal or grits), strained creamed soups (no pieces or chunks of vegetables or meats), flavored yogurt (without pieces of fruit), milkshakes and Ensure nutrition shakes.
- ***Examples of CLEAR LIQUIDS MAY INCLUDE:*** water, chicken broth, apple or white grape juice, sport drinks, popsicles, Jell-O, coffee & tea(no cream), and soft drinks. Please avoid red & purple liquids.
- Using a straw and/or sucking on hard candy may help you drink the solution.
- If you become nauseated or feel chilled during your bowel preparation, stop the prep for at least 30 minutes before resuming.
- **QUESTIONS?**
- Visit our website: www.digestivehealthclinic.com for educational videos on your procedure.
- Call our office during regular business hours (8am to 430pm) at 208-489-1887. If after 430pm, please call 208-489-1900.
- ***Remember, millions of Americans undergo a colonoscopy every year. YOU CAN DO THIS!***

INSTRUCTIONS:

5-7 DAYS PRIOR TO YOUR PROCEDURE

Obtain your bowel prep from your pharmacy. Purchase Dulcolax 5mg and Milk of Magnesia from the store.

Make arrangements for a responsible adult driver to accompany you on the day of your procedure and drive you home.

*NOTE: If your driver cannot be confirmed when you arrive, we will **NOT** be able to provide sedation, and your procedure may need to be rescheduled. Drivers are required to stay during the entirety of your procedure. Taxi or Uber transportation will **NOT** be accepted for safety reasons.*

3 DAYS PRIOR TO YOUR PROCEDURE

Avoid raw fruits, vegetables, lettuce, and red & purple liquids

Stop taking over-the-counter supplements and iron, including multi-vitamins containing iron, and fiber supplements.

Do not eat foods containing small seeds, corn, or nuts.

Begin a low fiber diet and stop all fiber supplements such as Metamucil, Citrucel, and Benefiber. See www.digestivehealthclinic.com for suggestions on low fiber diet.

For breakfast, you may have a full liquid meal and as many clear liquids as you can tolerate.

After breakfast, you may only consume clear liquids.

Begin prescribed bowel preparation -

See attached detailed instructions of your prescribed prep formula

*if provided instructions differ from those on your bottle, **use our Instructions***

2 DAYS PRIOR TO YOUR PROCEDURE

Continue prep as instructed below.



THE DAY PRIOR TO YOUR PROCEDURE

Clear liquid diet all day!

Examples of clear liquids include water, chicken broth, apple or white grape juice, sport drinks, popsicles, Jell-O, coffee, tea, and soft drinks. Please avoid red & purple liquids

Continue prep as instructed below.

Confirm your responsible adult driver for procedure day

We prefer your driver stay in the area during the procedure and be available at time of discharge to hear all instructions (expected duration from check-in: 2-3 hours)

Hydrate, Hydrate, Hydrate!

Continue to drink clear liquids all evening until bed

DAY OF YOUR PROCEDURE

At least 2 hours before your procedure time

Take your regularly scheduled medications with only sips of water

Continue to hydrate until 2 hours before your arrival time and then **STOP!**

Do **NOT**:

- take antacids (Maalox, Pepto Bismol, Mylanta, etc.)
- use creamer in your coffee
- take any pain medications or use marijuana
- chew gum, hard candy, or lozenges (Less than 2 hours from your scheduled procedure)

For the **2 hours** before your procedure time: **Absolutely NOTHING by mouth!!**

*Your procedure **WILL BE DELAYED OR CANCELLED** if you eat or drink anything during this time (this includes use of a drinking fountain)*

Remember to bring your photo ID, insurance card, and updated medication list.

We cannot be responsible for your valuables (watches or various jewelry items). Please leave these at home.

Bowel Preparation Instructions

3 Day Vigorous Prep - Special Golytely, Nulytely, Trilyte, Gavalyte /Dulcolax Split Dose:

Prescription Required

- ✓ **Three Days** before procedure:
 - For breakfast, you may have a full liquid meal and as many clear liquids as you can tolerate.
 - After breakfast, you may only consume clear liquids.
 - 7:00 am: Take 2 oz. Milk of Magnesia.
 - 4:00 pm: Take 2 oz. Milk of Magnesia.
 - 7:00 pm: Take 2 Dulcolax (bisacodyl) tablets.
- ✓ **Two Days** before your procedure:
 1. 3:00 pm: Take 2 Dulcolax 5mg tablets.
 2. 5:00 pm: Mix the ENTIRE bottle of Nulytely/Golytely powder by filling the container to the 4-liter line with purchased Gatorade or any clear liquid of your choice and shake the solution until the powder dissolves.
 3. Drink one glass (8 oz.) of the solution every 5-10 minutes until the whole solution is gone. Completing within 1-2 hours. This will start inducing loose stools.
- ✓ **Day before** your procedure:
 - 5:00 pm: Repeat steps 2 & 3 above.
- ✓ **Day of** procedure
 - Continue to hydrate until 2 hours before your procedure.