

YOUR BOWEL PREP IS EXTREMELY IMPORTANT!
PLEASE READ INSTRUCTIONS CAREFULLY

<p>1 Week Before</p>	<ul style="list-style-type: none"> ❑ Purchase the following: <ul style="list-style-type: none"> ○ Plenvu Bowel Prep- Pick up from your pharmacy. If your insurance does not cover this, do not purchase it and contact our office for other options. ○ 10-ounce bottle of GREEN or CLEAR magnesium citrate (over the counter laxative). NO RED OR PURPLE. ○ GasX or simethicone gas relief over the counter. You will only need 4 of these. These help decrease bubbles in your colon. ○ Clear liquids – Refer to clear liquid diet handout. ❑ Plan for a driver: Plan for someone to drive you home or escort you if taking alternate modes of transportation. You will be sedated for your procedure. You should not drive again until the morning after your procedure. ❑ Stop eating any visible seeds, nuts or whole grains. You can still eat fruits and vegetables if you remove the seeds from them. While we may not cancel your procedure if you have accidentally eaten them the week before your procedure, it may impact the quality of your prep. ❑ Stop taking all supplements. Continue taking your prescription medications and multivitamins. ❑ If you are diabetic and/or taking prescription blood thinning medication, refer to handout. If you did not receive this handout, contact our office.
<p>2 Days Before</p>	<ul style="list-style-type: none"> ❑ Start clear liquid diet from the time you wake up. See clear liquid diet handout. ❑ At 7:00 pm: Drink the 10-ounce bottle of magnesium citrate. Drink over 15 minutes to reduce nausea. ❑ Continue clear liquids to stay hydrated.
<p>1 Day Before</p>	<ul style="list-style-type: none"> ❑ Continue clear liquid diet from the time you wake up. ❑ At 6:00 pm: Mix the dose 1 pouch (mango flavor) with at least 16 ounces of water until completely dissolved (takes 2-3 minutes). Drink the mixture slowly over 30 minutes. Then refill the container with at least 16 ounces of water and drink slowly over the next 30 minutes. <ul style="list-style-type: none"> ○ If you experience nausea or vomiting take a 15-30 minute break, then continue drinking prep solution. ○ Take 2 GasX pills. ❑ Continue clear liquids to stay hydrated.
<p>Procedure Day</p>	<ul style="list-style-type: none"> ❑ Continue clear liquid diet from the time you wake up. ❑ 6 HOURS PRIOR to your procedure: <ul style="list-style-type: none"> ○ Stop all use of cigarettes, e-cigarettes, chewing tobacco and marijuana. ○ Mix the dose 2 pouch (fruit punch flavor) with at least 16 ounces of water until completely dissolved (takes 2-3 minutes). Drink the mixture slowly over 30 minutes. Then refill the container with at least 16 ounces of water and drink slowly over the next 30 minutes. ○ Take 2 GasX pills. ❑ 4 HOURS PRIOR to your procedure: <ul style="list-style-type: none"> ○ NOTHING by mouth – including gum, hard candy/mints. ○ You may take your essential morning medications with four tablespoons (2 oz) of water, 2-4 hours prior to your procedure, unless otherwise directed by your physician. ❑ After your prep your stools should appear clear yellow-green with no solid matter or fecal sediment. You should be able to see through to the bottom of the toilet. If you cannot see through to the bottom of the toilet and your appointment is before 8am, you may call the on-call physician after 6am. Otherwise, please call the endoscopy center after 7am for further advice. ❑ Have the following: <ul style="list-style-type: none"> ○ A ride home. ○ Insurance cards & driver's license. Do not bring valuables.