



Constipation Bowel Prep Instructions

Your appointment is set for

_____ **at** _____.

Please review all instructions one week before your procedure.

Important Reminder

You must be on a clear liquid diet all day the day before your procedure. If you had breakfast the day before your colonoscopy, please contact the office to cancel your procedure as we are no longer able to complete the colonoscopy due to not being completely cleaned out.

Locations

St. Luke's G.I. Diagnostics - 4321 Washington Street, Suite 5700 - Medical Plaza III - KCMO 64111
Briarcliff Surgery Center – 4150 N. Mulberry Dr., Kansas City, MO 64116 – Suite 100
Mid-America Surgery Institute – 5525 W. 119th St., Overland Park, KS 66209 – Suite 100
Menorah Hospital – 5721 W. 119th St., Overland Park, KS 66209 – Check in at entrance C
St. Luke's Hospital - 4323 Wornall Rd., PEET Center - KCMO 64111, Check in on the first floor

Special Note

We must receive your cancellation request within 72 hours of your procedure date. Cancellation notices that are received less than 72 hours prior to procedure will result in a \$100.00 cancellation fee.

Prep Materials You Will Need

You will need to purchase the following – all are available over the counter at any pharmacy:

- Two -10 oz Bottle of Lemon Lime Magnesium Citrate
- One -238 gram bottle of Miralax
- One-box of Dulcolax Laxative Tablets (Only 4 tablets are needed)
- One -64 oz Bottle of Gatorade (any color except Red or Purple)
 - Any clear liquid can be used in place of Gatorade
 - **Diabetic Patients: Please Use Propel Fitness Water**
- Be sure to pick up any clear liquid items you may need for Prep Day. Chicken/Beef Broth, Jell-O, Sodas, Popsicles, or Coconut Water. Nothing red or purple. **If you cannot see through it - do not eat it!**

Special Note

If you are taking Coumadin, Plavix or Lovenox or either a history of prior stroke, or for coronary stents, or for atrial fibrillation, or artificial heart valves, please contact the scheduling department at (816) 561-2000.

How to Prepare for Your Procedure

3 Days Prior

Begin a Low-Residue Diet

Begin a low-residue diet, and continue until you start your clear liquid diet the day before your procedure.

What is a low-residue diet?

Suggested Foods

These are examples of foods low in fiber and easily digestible.

- Pancakes with butter and syrup
- White bread
- White Rice
- Eggs
- Ripe Bananas, Avocados, Soft Cantaloupe
- Lean Meats (Chicken, Boneless Fish, Pork, Ground Beef)
- Potatoes (no skin) with sour cream and butter
- Smooth Peanut Butter
- Mushrooms, Spinach

Foods to Avoid

The following foods should not be eaten because they are hard to digest.

- Fruits
- Nuts
- Red Meats
- Brown Rice
- Raw Vegetables
- Cheese

2 Days Prior

Start Your Colonoscopy Preparation

No solid foods until after your procedure. You must be on a clear liquid diet. Drink water throughout the day to avoid dehydration while preparing for your procedure.

How to Prepare for your Procedure

— 6:00PM

Step 1

Drink the entire bottle of Magnesium Citrate. You may mix it with Sprite, 7-Up or Ginger Ale. **If you have Congestive Heart Failure or have Kidney-Renal Failure DO NOT drink.**



The Day Before Your Procedure

Continue Your Colonoscopy Preparation

No solid foods until after your procedure. You must be on a clear liquid diet. Drink water throughout the day to avoid dehydration while preparing for your procedure.

How to Prepare for your Procedure

– 2:00PM

Step 1

Pour the 64 oz. (1/2 gallon) of Gatorade into a pitcher and chill in the refrigerator.



– 4:00PM

Step 2

Drink the entire bottle of Magnesium Citrate. You may mix it with Sprite, 7-Up or Ginger Ale. **If you have Congestive Heart Failure or have Kidney-Renal Failure DO NOT drink.**



– 4:30PM

Step 3

Take 2 (5mg) Dulcolax tablets with a glass of water.



The Day Before Your Procedure

– 5:30PM

Step 4

Mix together the **ENTIRE BOTTLE** of Miralax (8.3oz/238g) with **64 oz.** of chilled Gatorade.



Step 5

Drink an 8 oz. glass of the solution every 15 minutes until you have finished drinking **HALF OF THE MIXTURE (32 oz.)**.



– 7:30PM

Step 6

Take 2 Dulcolax tablets with a glass of water. **Please note you will only need 4 tablets total.**



– 10:15PM

Step 7

Drink the **OTHER HALF OF THE MIXTURE (32 oz.)**. Drink an 8 oz. glass of the solution every 15-30 minutes **until gone**. **You must finish the entire prep, even if your bowels are already clear.**



Nothing by mouth, including water, after midnight.

The Day of Your Procedure

- **Nothing by mouth, including water, after midnight.**
- If you take blood pressure medication, you may do so the day of the procedure with just a sip of water.
- If you have questions regarding medications, please call your doctor at (816) 561-2000.
- **PLEASE DO NOT APPLY ANY LOTION, VASELINE, BABY OIL, OR BODY SPRAY.**
- Come to your procedure with **NO MASCARA.**

You will be medicated for this procedure. It is necessary to have someone with you to drive you home. Your doctor will speak with you after the procedure; you may want to have your driver with you at that time, as you may not recall the discussion due to sedation.

Bowel Prep Frequently Asked Questions

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 had not had a bowel movement by midnight the night prior to your procedure, please take 2 Dulcolax laxative tablets. Complete the rest of your prep as directed. If your bowel movements have not changed to a yellow-clear liquid after completing both portions of your prep, please call our office the morning of your procedure 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 take the tablets. Please attempt to take all the tablets and drink the required amount of water, even if it takes longer.

Is it okay to take a Taxi or Uber?

No. You should ask a trusted person to take you to and from your procedure.

I am taking a Blood Thinner. What should I do?

If you are taking a blood thinner, such as Coumadin, Warfarin, Eliquis, Plavix, Clopidogrel, Pradaxa, etc. Please contact the office (at least 2 weeks before your procedure) at 816-561-2000 to let them know you are on one of these medications. The office will need to get a hold confirmation on blood thinners from your cardiologist. We will not be able to perform any procedures if you are currently taking a blood thinner the day of your procedure.

I am taking a weight loss medication. What should I do?

If you are taking a weight loss medication, such as Phentermine, stop taking it 2 weeks prior to your procedure. If you do not hold medication for 2 weeks before the procedure, you will have to cancel and reschedule.

I am diabetic. What should I do?

If you take insulin, please check with the doctor that prescribes this for you about adjusting the dose prior to the procedure. Take **NO** insulin the morning of your procedure. Over the course of your clear liquid diet, frequently check your blood sugar levels. If you have low blood sugar, you can put 1 teaspoon of honey or granulated sugar underneath your tongue.

Medications Day of Procedure

1. Please do not take any vitamins or supplements the morning of your procedure.
2. If you take medications for diabetes, please contact your endocrinologist for how to adjust your medications. Do not take insulin morning of the procedure.
3. Medications for blood pressure, heart conditions, and seizures should be taken the morning of your procedure.
4. You may take your acid reflux medication (ex. Omeprazole) if it is normally a morning medication.
5. You may take medications for anxiety and depression as well.

Note: *You may not eat with any medications, if it upsets your stomach to take your medication without food, please hold it until after your procedure is complete*