

Durham VA Health Care System
GI Clinic

Instructions for Colonoscopy PEG & Bisacodyl Preparation
2 days of Clear Liquids
Also called Miralax and Dulcolax

Your colonoscopy is scheduled on: _____ at _____.

Pre-anesthesia evaluation appointment (if indicated):_____.

Report to GI Clinic 30 minutes before your appointment for registration

You will be here for about 2-4 hours.

Please leave your valuables at home.

EGD and Colonoscopy (Double)

If you are scheduled to have an EGD (Upper Endoscopy) on the same day as your colonoscopy, there is no additional preparation. Both procedures are done together in one appointment. Loose teeth need to be secured or removed by a dentist prior to an EGD.

Procedural Sedation

Sedating medications are given in your vein and can affect your judgment, memory, and sense of time. You may be affected by these medicines for up to 24 hours after the procedure.

No Sedation

Some patients choose to have the procedure without sedation. You will be awake and can watch the procedure. Patients who choose NOT to be sedated, DO NOT need a driver.

Driver: Required for patients receiving sedation for procedure.

Your driver must be with you when you check in.

Your driver must be at least 18 years of age.

Your driver must stay in the hospital during your procedure.

DAV VAN:

You are required to have an adult accompany you on the van when you have a procedure. We can give you a doctor's note that you can give the DAV van driver.

LODGING: Lodging can be arranged if you live 75 miles or more away and your appointment is 10 am or earlier. If you are interested in lodging, please let us know and we can enter a request for you.

Contacting the GI clinic:

Phone numbers:

- Scheduling: (919) 286-6945 or Toll free # (888) 878-6890-extension 6945
- Nurse line: (919) 286-0411 ext. 17 5080 (for questions about your GI procedure)

Secure Message – "GI clinic" at www.myhealth.va.gov

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GI Clinic

Medication and Medical Device Safety

- Blood thinners** can increase the risk of bleeding.

If you take blood thinning medications, speak with the provider who manages the medication about when it should be stopped before your procedure.

Recommended stop times: **Call your provider for instructions!**

7 days before: <ul style="list-style-type: none">• Clopidogrel/Plavix• Prasugrel/Effient	5 days before: <ul style="list-style-type: none">• Warfarin/Coumadin• Ticagrelor/Brilinta	2 days before: <ul style="list-style-type: none">• Rivaroxaban/Xarelto• Dabigatran/Pradaxa• Apixaban/Eliquis	24 hours before: <ul style="list-style-type: none">• Lovenox
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Restart your blood thinner after your procedure as instructed by your provider.

- Do Not Stop taking Aspirin, NSAID, or other Pain Medication.**
- Iron Supplements** cause constipation. Stop taking them 7 days before the procedure and resume them after the procedure.
 - Ferrous gluconate/sulfate
- Diabetic medications** taken without food may lower your blood sugar too low.

<p>On your clear liquid day/days</p> <ul style="list-style-type: none">• Do not take: <u>Diabetic pills</u>: (Metformin, Glyburide, Glipizide, Pioglitazone, Sitagliptin) <u>Short Acting Insulins</u>: (Regular, Aspart, Exenatide)• Take $\frac{1}{2}$ dose/doses: <u>Long Acting Insulins</u>: (70/30, Glargine/Lantus, Detemir, NPH) <p>Do not take any diabetic medications on the day of the procedure.</p>

- Insulin Pumps** Contact your provider for instructions.
- Bring your rescue inhalers.**
- Bring your CPAP or BIPAP machines to the procedure appointment.**
- Pacemakers and Implanted Defibrillators need clearance before the procedure.**
- Use of illegal drugs before your procedure may lead to cancellation.**

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3 Days before Procedure: Low fiber Diet

Avoid eating High Fiber Food & Stop Fiber Supplements.

High fiber food takes longer to wash out of the colon and fiber supplements increase stool bulk.

Follow low fiber diet in this date: _____

YES Examples of low fiber food to eat

- ✓ Meat (without seeds or vegetables)
- ✓ Eggs, Tofu, creamy peanut butter
- ✓ Dairy products – milk, yogurt, cheese, ice cream, butter
- ✓ Pasta/noodles-white pasta
- ✓ White rice
- ✓ Breads- white or light wheat (avoid bran, seeds & nuts)
- ✓ Pancakes & Waffles- plain
- ✓ Potatoes-mashed or fried *Avoid skins
- ✓ Sauces -pureed
- ✓ Salt, Sugars, Sweeteners & Syrups, seedless Jams and Jelly
- ✓ All clear liquids are allowed.

NO Examples of high fiber food and fiber supplements to avoid:

- ⊗ High fiber cereals, oatmeal, granola, whole grains, grits
- ⊗ Nuts, Dried fruits
- ⊗ Fruits and vegetables with small seeds & skins: strawberries, raspberries, blackberries, kiwi, figs, watermelon, tomatoes, cucumbers, okra
- ⊗ Poppy seeds, sesame seeds
- ⊗ Leafy greens & vegetables with skins, beans
- ⊗ Celery, onions, lettuces, cabbage
- ⊗ Breads with seeds
- ⊗ Pepper & herbs
- ⊗ Corn & Popcorn
- ⊗ Fiber Supplements-Psyllium (Citrucel)

Increase your fluid intake while on a low fiber diet.

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2 Days Before Procedure: Clear liquid Diet

Drink only clear liquids on these days: _____ & _____

- Drink 8 ounces of clear liquids every hour you're awake.
- Diabetics can put sugar in some of the liquids you drink.

Yes Examples of clear liquids:

- ✓ Water, flavored waters
- ✓ Juices (must be pulp free such as)
 - Apple juice
 - White Grape juice
 - White Cranberry juice
- ✓ Black Coffee or Tea without cream or milk
- ✓ Broth (fat free)-beef, chicken, fish, veggie
- ✓ Popsicles-plain
- ✓ Sodas and carbonated beverages
- ✓ sport drinks such as Gatorade
- ✓ Powdered drinks-Kool Aid & Tang, pulp free lemonade
- ✓ Sugars, sweeteners, honey
- ✓ Gelatin- (do not put any fruit or food in it)

No Do Not drink:

- ⊗ Red or Purple liquids
- ⊗ Alcohol
- ⊗ Thick liquids such as:
 - ⊗ Grapefruit juice
 - ⊗ Tomato juice
 - ⊗ Orange juice
 - ⊗ Milk products

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For this laxative preparation, you will need a pitcher, (2) containers of Polyethelene Glycol Powder (237gm-255gm size), (2) 64 oz bottles of a sports drink, and (8) Biscodyl tablets



2 Days Before Procedure: Laxative Prep

Mix the laxative in the Morning: _____

- Mix one bottle of the Polyethelene Glycol Powder (237-255gm)
 - with 64 oz. of Gatorade or similar sports drink. Refrigerate the mixture.
- Take 4 Biscodyl tablets at 1:00 pm.
- At 5:00 pm. Drink an 8oz. glass of the Solution every 10 to 15 minutes until it is gone. **(64 oz.)**
- Drink clear fluids between each glass.
- It may take 1 hour for the medicine to start working.
- You may notice some bloating or cramping after drinking the prep.
- This will improve once the diarrhea begins.
- If you develop nausea/vomiting, take a short break to allow it to move downstream, then resume drinking at a slower rate.
- Take evening medications after the laxative has stopped working
- Continue clear liquids until bedtime.
- Take evening medications after 9pm.

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GI Clinic

1 Day Before Procedure: Laxative Prep

Mix the laxative in the Morning: _____

- Mix one bottle of the Polyethelene Glycol Powder (237-255gm)
 - with 64 oz. of Gatorade or similar sports drink. Refrigerate the mixture.
- Take 4 Biscodyl tablets at 1:00 pm.
- At 5:00 pm. Drink an 8oz. glass of the Solution every 10 to 15 minutes
 - until ½ the solution is gone. **(32 oz.)**
- Drink clear fluids between each glass.
- It may take 1 hour for the medicine to start working.
- You may notice some bloating or cramping after drinking the prep.
- This will improve once the diarrhea begins.
- If you develop nausea/vomiting, take a short break to allow it to move downstream, then resume drinking at a slower rate.
- Take evening medications after the laxative has stopped working
- Continue clear liquids until midnight.
- Take evening medications after 9pm.

Day of Procedure: Continue taking Prep

4 hours before you leave for your appointment. _____

- Drink the remaining laxative solution **(32 oz.)**
- Drink 8 oz. every 10 to 15 minutes until the container is empty.
- Wait 2 more hours for the laxative to finish working.

Do not drink anything after finishing the laxative except:

- Two hours after finishing the laxative, take usual morning medications with a small sip of water including narcotic pain medication and/or blood pressure medication.
- Do not take medications that the Endoscopy Unit advised you to hold.
- Do not drink anything after taking morning medications.

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Quick Look Guide

3 days before	2 days before	1 day before Starts when you wake up!	The day of your procedure
<p>Low fiber diet</p> <p>Stop fiber supplements.</p> <p>On this day, you may also take any additional laxatives or stool softeners that have been ordered for you such as Docusate, Colace, Dulcolax, or Sennosides.</p> <p>Page 3 of instructions</p>	<p>Clear liquid diet only</p> <p>Not red or purple</p> <p>NO FOOD!</p> <p>Stay hydrated.</p> <p>Avoid alcohol.</p> <p>Take 4 Biscodyl tablets at 1pm.</p> <p>Drink 64 oz. of PEG solution at 5pm.</p> <p>Page 4 & 5 of instructions</p>	<p>Clear liquid diet only</p> <p>Not red or purple</p> <p>NO FOOD!</p> <p>Stay hydrated.</p> <p>Avoid alcohol.</p> <p>Take 4 Biscodyl tablets at 1pm.</p> <p>Drink 32 oz. of PEG solution at 5pm.</p> <p>Page 4 & 6 of instructions</p>	<p>Do not eat!</p> <p>Finish the laxative solution (32 oz.) as instructed.</p> <p>Take morning meds with a sip of water with exception to the meds advised to hold.</p> <p>Page 7 of instructions</p>

Notes _____
