

## Double Split Preparation Instructions

### Starting Five Days before Procedure:

**STOP** taking iron (ferrous sulfate), vitamins, fiber supplements, fish oil, omega-3 pills, Excedrin and NSAIDS such as ibuprofen (Motrin, Advil), naproxen (Aleve), celecoxib, meloxicam and oral diclofenac.

**CONTINUE** taking any prescribed once-daily aspirin unless told to stop by a Gastroenterology provider.

**If you take blood thinners** such as:  
warfarin (Coumadin)  
clopidogrel (Plavix)  
dabigatran (Pradaxa)  
apixaban (Eliquis)  
rivaroxaban (Xarelto)  
prasugrel (Effient)  
ticagrelor (Brilinta)  
cilostazol (Pletal)  
edoxaban (Savaysa)...

You must speak to the provider who prescribes the blood thinner for you. This may be your primary care doctor, anti-coagulation clinic or cardiologist. They will tell you the number of days to hold the blood thinner before your procedure.

### Diabetics

It is important to drink clear fluids that contain calories as well as extra water while doing your colon prep. While on clear liquids monitor your blood sugar every 6 hours.

**Insulin:** Take ½ of your usual dose the day(s) you are drinking your prep.

**DO NOT** take any insulin or diabetes medications on the day of the procedure. Call the provider who manages your diabetes if you have any related questions.

### Three Evenings before Procedure:

You may eat until **10:00 p.m.** From then on, you should have only clear liquids. **NO SOLID FOODS after 10:00 p.m.!**

#### Clear liquids you may have:

- Clear bouillon or broth
- Tea or black coffee (sugar or powdered sweetener allowed)
- Gatorade, Crystal Light, Kool-Aid (**NO RED or DARK PURPLE**)
- Apple juice, **white** grape juice and/or **white** cranberry juice
- Plain Jello or Popsicles (**NO RED or DARK PURPLE**)

#### Do NOT take:

- Milk, cream or non-dairy creamer
- Alcohol
- Full liquids such as honey, orange juice, tomato juice, pineapple juice or lemonade with pulp

### Two Days before Procedure:

- **Stay** on clear liquid diet. No solid food.
- **2:00 p.m.** Take all 4 bisacodyl pills, **if prescribed.** Mix the 1st bottle of polyethylene glycol 3350 powder in 64 oz. of light-colored Gatorade or another clear liquid (**NO RED, PURPLE or ALCOHOL**) and refrigerate.
- **3:00 p.m. - 6:00 p.m.** Shake or stir the laxative mixture thoroughly and drink the entire 64 oz. in 3 hours.
- **6:00 p.m.** Mix the 2nd bottle of laxative powder in another 64 oz. of Gatorade or another clear liquid and refrigerate.
- **8:00 p.m. - 11:00 p.m.** Drink this entire 2nd dose in 3 hours.

**Note: Stay on clear liquids. No solid foods.**

### One Day before Procedure:

- **Stay** on clear liquid diet. No solid foods.
- **2:00 p.m.** Mix the 3rd bottle of laxative powder in 64 oz. of light-colored Gatorade. Refrigerate.
- **5:00 p.m. – 8:00 p.m.** Stir/shake and drink the entire 64 oz. of laxative mixture.
- **8:00 p.m.** Mix the 4th bottle of laxative powder in 64 oz. of light-colored Gatorade. Refrigerate. Stay on clear liquids only.

### Day of Procedure:

- **6 hours before arrival time:**  
Drink the 4th bottle of laxative mixture over 2 hours. Please finish the entire dose but take the full 2 hours to do so.
- **2 hours before arrival time:**  
**STOP** all clear liquids, and take **NOTHING BY MOUTH (NO** water, ice chips, gum, lozenges). If you take anything by mouth during the 2 hours before your arrival, your procedure will be rescheduled.
- **If you take blood pressure, seizure, and/or pain medication,** take them as usual, but you must take them before you stop all clear liquids.

**Note:** *Female patients under the age of 55 will be required to provide a urine specimen upon arrival.*

### Please arrive on time for your procedure.

- You will be sedated for the colonoscopy.
- **Bring** a responsible adult (over 18 years old) to your appointment. The responsible person must check in with the prep nurse before we can admit you. We will then ask them to wait on hospital grounds until you are ready to go home.
- **Please note:** If you arrive without a responsible adult, your procedure may need to be rescheduled. Please call your Patient Aligned Care Team (PACT) to discuss options in advance if you do not have someone to come with you.

