

COLONOSCOPY BOWEL PREP INSTRUCTIONS

NOTE FOR PREPS: These times are ideal for better results. If you feel that you need to start the prep earlier, do not start before 4:00 p.m. You need to finish drinking your prep 4 hours before your procedure. Please note that there is **an increased risk of missing colon polyps and cancer** in the absence of an adequate colon preparation. A prep split into 2 doses improves the quality of the exam by ensuring adequate cleaning of the entire colon. So please take this seriously and notify Greenbelt Endoscopy Center pre-op nurse if your stool does not appear clear or a light yellow/orange color without any particles after you have finished the entire prep. Please inform your provider before your procedure is scheduled if you have 3 or less bowel movements per week.

Take Bisacodyl 5 mg tabs(OTC) x 2 at 5 pm night before procedure

A. Plenvu

Take Dose 1 at 7 p.m.

1. Use the mixing container to mix the contents of the Dose 1 pouch with at least 16 ounces of water by shaking or using a spoon until it's completely dissolved. This may take up to 2 to 3 minutes. Take your time- slowly finish the dose within 30 minutes.
2. Refill the container with at least 16 ounces of clear liquid. Again, take your time and slowly finish all of it within 30 minutes.

Begin 2nd Dose 5-6 HOURS BEFORE YOUR PROCEDURE.

1. Use the mixing container to mix the contents of the Dose 2 pouch (Pouch A and Pouch B) with at least 16 ounces of water by shaking or using a spoon until it's completely dissolved. This may take up to 2 to 3 minutes. Take your time- slowly finish the dose within 30 minutes.
2. Refill the container with at least 16 ounces of clear liquid. Again, take your time and slowly finish all of it within 30 minutes.

B. Suprep (Prescription) – 32 ounces of liquid. The Suprep kit contains two 16 ounce cups for mixing the solution with water and two 6 ounce bottles of the Suprep liquid.

Beginning at 7:00 p.m. the evening before the procedure, may begin as early as 4 p.m. if needed. Mix and drink the first dose over 30 minutes.

1. Pour one (1) 6 ounce bottle of SUPREP liquid into the mixing cup.
2. Add cool drinking water to the 16 ounce line on the container and mix.
3. Drink ALL of the liquid in the container.
4. You must drink two (2) additional 16 ounce containers of water over the next hour.

Begin taking 2nd dose **5 HOURS BEFORE PROCEDURE** repeating steps 1 – 4.

C. Clenpiq

1. Beginning at 8 p.m. drink the first bottle.
2. Follow with FIVE (5) 8-ounce drinks of clear liquid/water within the next 5 hours.
3. Begin taking the 2nd dose **5 HOURS BEFORE YOUR PROCEDURE.**

4. Keep hydrating. Drink at least 3 cups (8 ounces each) of clear liquid/water.

D. Colyte (Prescription)- Entirely a gallon liquid. Prepare colon prep solution according to package instruction with a flavor pack or 1-2 tubes of Crystal Light lemonade mix.

Beginning at 8:00 p.m

1. Drink 1 to 2 glasses (8 - 16 oz) every 20 to 30 minutes until you have consumed the HALF gallon.
2. Continue to drink clear liquid as it will help with the cleansing.

Beginning 6 hours before your test

3. Drink 1 to 2 glasses (8 - 16 oz) every 20 to 30 minutes until you have consumed the rest of the gallon.

E. MiraLAX-In a pitcher mix the 8.3 ounces of MiraLAX® with the 64 ounces of Gatorade (not red or purple). Stir/shake the contents until the entire contents of MiraLAX® are completely dissolved. Chill if desired. Do NOT add ice, sugar or any other flavorings to the solution.

Morning Appointments (Before 12 noon)

1. At 5 p.m., take 3 tablets of Dulcolax® laxative pill with water by mouth.
2. At 7 p.m., drink the first half of the Gatorade®/MiraLAX® solution. Drink one 8-ounce glass every 10 minutes. You may drink it directly or through a straw. You may continue to drink clear liquids only until midnight.
3. The day of the colonoscopy (4 hours before your scheduled exam)- Take the second half of the Gatorade®/MiraLAX® solution. Drink one 8-ounce glass every 10 minutes until completed.

Afternoon Appointments (After 12 noon)

1. At 6 a.m. take 3 tablets of Dulcolax® laxative pill with water by mouth.
2. At 7 a.m. start drinking the Gatorade®/MiraLAX® solution. Drink one 8-ounce glass every 10 minutes until completed. Make sure you finish by 10 a.m.
3. You may continue to drink clear liquids up to 3 hours before the time of your exam.

F. SUTAB- SUTAB is a split dose (2-day) regimen. A total of 24 tablets is required for complete preparation for colonoscopy. You will take the tablets in two doses of 12 tablets each. Water must be consumed with each dose of SUTAB, and additional water must be consumed after each dose. *You must complete all SUTAB tablets and required water at least 2 hours before colonoscopy*

DOSE 1- On the day prior to Colonoscopy

1. Open 1 bottle of 12 tablets

2. Fill the provided container with 16 ounces of water (up to the fill line). Swallow each tablet with a sip of water, and drink the entire amount of water over 15 to 20 minutes.
3. Approximately 1 hour after the last tablet is ingested, fill the provided container again with 16 ounces water (up to the fill line), and drink the entire amount over 30 minutes.
4. Approximately 30 minutes after finishing the second container of water, fill the provided container with 16 ounces water (up to the fill line), and drink the entire amount over 30 minutes.

DOSE 2- Day of the Colonoscopy

Continue to consume only clear liquids until after the colonoscopy.

1. The morning of the colonoscopy (5 to 8 hours prior to the colonoscopy and no sooner than 4 hours from starting Dose 1), open the second bottle of 12 tablets.
2. Repeat Step 1 to Step 4 from Dose 1.

Tips to improve overall taste of the prep:

1. Drink it COLD- the colder it is, the less salty it will taste.
2. Drink prep through a straw placed far back on your tongue.
3. Suck on a lemon or lime afterward.