

# STANDARD BOWEL PREP– Appointments Scheduled Until 10:00 AM



The following instructions are your physician’s specific instructions. Please follow the instructions carefully to ensure a successful prep.

You can reach **Gift Health** with non-medical prep questions at: **833.614.4438**

You can reach your physician’s office at: **678.741.5000**

**Special Notes:** If you have major health problems or a pacemaker, you should discuss your health history with the anesthetist at the center. Please contact them as soon as possible by calling your assigned center.

2550 Windy Hill Rd., Suite 302, Marietta (770-226-9070) | 118 Mill St., Suite 100, Woodstock (678-819-4281)  
880 Crestmark Dr., Suite 102, Lithia Springs (678-388-2040)

7 days prior to procedure	3 days prior to procedure	2 days prior to procedure	1 day prior to procedure	Day of procedure
<p><b>Review your prep instructions thoroughly.</b></p> <p><b>Please review your medications for any blood thinners:</b> (Plavix, Arixtra, Aggrenox, Coumadin, Warfarin, Xarelto, Effient, Eliquis, Pradaxa, Pletal, Brilinta and others). Please stop these medications as previously instructed. If you have not received instructions on managing these medications contact our office immediately.</p> <p><b>STOP TAKING:</b></p> <ul style="list-style-type: none"> <li>• Iron Supplements and any multivitamin containing iron</li> <li>• Weight loss medications: Ozempic; Mounjaro; Wegovy; Trulicity; etc.</li> <li>• Stimulant Medications (ADHD): Adderall; Ritallin; Concerta; etc.</li> <li>• SGLT-2 Diabetes medications: Invokana; Farxiga; etc.</li> </ul> <p>These medications delay gastric emptying causing sedation risk.</p>	 <p><b>STOP</b> eating any raw fruits, raw vegetables or vegetables containing seeds, corn, popcorn, nuts, and seeds and follow low fiber diet (see page 3) until after the procedure.</p> <p>Review &amp; complete all procedural consent forms. Complete your health history form if you have not done so in the past 30 days.</p>	 <p>Continue a low fiber diet. Remember to avoid foods with nuts and seeds.</p> <p>Confirm arrangements with your driver.</p> <p><b>NO DRIVER means NO PROCEDURE</b></p> <p>Purchase clear liquid diet items, wet wipes (i.e. Charmin) to help reduce skin irritation, anti-gas medication (i.e. Gas-X or phazyme) to use after procedure for bloating or gas.</p>	<p><b>NO SOLID FOOD, CLEAR LIQUIDS* ONLY FOR THE ENTIRE DAY</b></p> <p>A clear liquid diet is necessary for a colonoscopy. See Clear Liquid Diet details below for guidance.</p> <p><b>Prep at a Glance</b>  <b>4:00 pm</b> take 4 Dulcolax (5mg) laxative tablets (not stool softeners)  <b>6:00 pm</b> take 96oz of prep solution</p> <p>Detailed, step-by-step instructions continue on page 2.</p>	<p>Nothing by mouth <b>3 hours prior</b> to your procedure.</p> <p><b>NO GUM, HARD CANDY OR CHEWING TOBACCO</b></p> <p><b>YOU MAY BRUSH YOUR TEETH BUT DO NOT SWALLOW</b></p> <p>If you take Lovenox shots, do not take the morning of the procedure unless otherwise instructed.</p> <p>If you take daily blood pressure medication, you may take it with a <b>SMALL SIP OF WATER ONLY</b>, at least 3 hours before your procedure.</p> <p>Use of illicit drugs, <u>including marijuana/THC</u>, on the day of your procedure will result in cancellation and fees.</p>
<p><b>*Clear Liquid Diet Details:</b>  <b>NO DAIRY, NO RED, PURPLE or ORANGE.</b></p>			<p><b>Approved</b>  Sodas, coffee, tea  Clear juices, fitness waters  Chicken, vegetable and beef broth  Gelatin  Popsicles without pulp</p>	<p><b>Avoid</b>  No milk/dairy  No juices with pulp  <b>NO RED PURPLE OR ORANGE.</b></p>

# STANDARD BOWEL PREP– Appointments Scheduled Until 10:00 AM

## 7 Days Prior To Procedure:

**STOP TAKING:** Ozempic; Mounjaro; Wegovy; Trulicity; Victoza; Zepbound; semaglutide; tirzepatide; Phentermine; Adipex, Adderall, Dextroamphetamine, Ritalin, Methylphenidate; Concerta; Vyvanse. These medications delay gastric emptying causing sedation risk.

## Prep Day: The day before your procedure

**No solid foods** upon rising, until after your procedure. Drink plenty of water throughout the day to avoid dehydration.

1

**4:00 PM** the day prior to your procedure

Pour the 96 oz. (3/4 gallon) of Gatorade into a pitcher and chill in the refrigerator.

\*If you are **Diabetic**, substitute Gatorade with Crystal light or Powerade Zero.\*



2

**4:00 PM** the day prior to your procedure

Take 4 (5mg) Dulcolax laxative tablets (not stool softener) with a glass of water.



3

**6:00 PM** the evening prior to your procedure

Mix together **ONE AND A HALF BOTTLES TOTAL** (12.45oz/357g) of Miralax with **96 oz** of chilled Gatorade.



4

**6:00 PM** the evening prior to your procedure

Drink an 8 oz. glass of the solution every 15 minutes until you have finished drinking **ALL OF THE MIXTURE (96 oz.)**.

Your bowel movements should be watery, see-through and free of solids (flecks are OK). The color may appear clear to yellow, green or tan.



*Individual responses to laxatives vary. This preparation will cause multiple bowel movements, stay close to a bathroom.*

# STANDARD BOWEL PREP– Appointments Scheduled After 10:00 AM



The following instructions are your physician’s specific instructions. Please follow the instructions carefully to ensure a successful prep.

You can reach **Gift Health** with non-medical prep questions at: **833.614.4438**

You can reach your physician’s office at: **678.741.5000**

**Special Notes:** If you have major health problems or a pacemaker, you should discuss your health history with the anesthetist at the center. Please contact them as soon as possible by calling your assigned center.

2550 Windy Hill Rd., Suite 302, Marietta (770-226-9070) | 118 Mill St., Suite 100, Woodstock (678-819-4281)  
880 Crestmark Dr., Suite 102, Lithia Springs (678-388-2040)

7 days prior to procedure	3 days prior to procedure	2 days prior to procedure	1 day prior to procedure	Day of procedure
<p><b>Review your prep instructions thoroughly.</b></p> <p><b>Please review your medications for any blood thinners:</b> (Plavix, Arixtra, Aggrenox Coumadin, Warfarin, Xarelto, Effient, Eliquis, Pradaxa, Pletal, Brilinta and others). Please stop these medications as previously instructed. If you have not received instructions on managing these medications contact our office immediately.</p> <p><b>STOP TAKING:</b></p> <ul style="list-style-type: none"> <li>• Iron Supplements and any multivitamin containing iron</li> <li>• Weight loss medications: Ozempic; Mounjaro; Wegovy; Trulicity; etc.</li> <li>• Stimulant Medications (ADHD): Adderall; Ritallin; Concerta; etc.</li> <li>• SGLT-2 Diabetes medications: Invokana; Farxiga; etc.</li> </ul> <p>These medications delay gastric emptying causing sedation risk.</p>	 <p><b>STOP</b> eating any raw fruits, raw vegetables or vegetables containing seeds, corn, popcorn, nuts, and seeds and follow low fiber diet (see page 3) until after the procedure.</p> <p>Review &amp; complete all procedural consent forms. Complete your health history form if you have not done so in the past 30 days.</p>	 <p>Continue a low fiber diet. Remember to avoid foods with nuts and seeds.</p> <p>Confirm arrangements with your driver. <b>NO DRIVER means NO PROCEDURE</b></p> <p>Purchase clear liquid diet items, wet wipes (i.e. Charmin) to help reduce skin irritation, anti-gas medication (i.e. Gas-X or phazyme) to use after procedure for bloating or gas.</p>	<p><b>NO SOLID FOOD, CLEAR LIQUIDS* ONLY FOR THE ENTIRE DAY</b></p> <p>A clear liquid diet is necessary for a colonoscopy.</p> <p>See Clear Liquid Diet details below for guidance.</p> <p><b>Prep at a Glance</b></p> <p><b>4:00 pm</b> take 4 Dulcolax (5mg) laxative tablets (not stool softeners)</p> <p><b>6:00 pm</b> take 48oz of prep solution Detailed, step-by-step instructions continue on page 3.</p> <p><b>*Clear Liquid Diet Details:</b> <b>NO DAIRY, NO RED, PURPLE or ORANGE.</b></p> <p><b>Approved</b> Sodas, coffee, tea Clear juices, fitness waters Chicken, vegetable and beef broth Gelatin Popsicles without pulp</p>	<p><b>5:00 am</b> take 48oz of prep solution</p> <p>Nothing by mouth <b>3 hours prior</b> to your procedure.</p> <p><b>NO GUM, HARD CANDY OR CHEWING TOBACCO YOU MAY BRUSH YOUR TEETH BUT DO NOT SWALLOW</b></p> <p>If you take Lovenox shots, do not take the morning of the procedure unless otherwise instructed.</p> <p>If you take daily blood pressure medication, you may take it with a <b>SMALL SIP OF WATER ONLY</b>, at least 3 hours before your procedure.</p> <p>Use of illicit drugs, including marijuana/THC, on the day of your procedure will result in cancellation and fees</p> <p><b>Avoid</b> No milk/dairy No juices with pulp <b>NO RED PURPLE OR ORANGE.</b></p>

# STANDARD BOWEL PREP– Appointments Scheduled After 10:00 AM

## 7 Days Prior To Procedure:

**STOP TAKING:** Ozempic; Mounjaro; Wegovy; Trulicity; Victoza; Zepbound; semaglutide; tirzepatide; Phentermine; Adipex, Adderall, Dextroamphetamine, Ritalin, Methylphenidate; Concerta; Vyvanse. These medications delay gastric emptying causing sedation risk.

## Prep Day: The day of your procedure

**No solid foods** upon rising, until after your procedure. Drink plenty of water throughout the day to avoid dehydration.

1

**4:00 PM** the day prior to your procedure

Pour the 96 oz. (3/4 gallon) of \*Gatorade into a pitcher and chill in the refrigerator.

\*If you are **Diabetic**, substitute Gatorade with Crystal light or Powerade Zero.\*



2

**4:00 PM** the day prior to your procedure

Take 4 (5mg) Dulcolax laxative tablets (not stool softener) with a glass of water.



3

**6:00 PM** the evening prior to your procedure

Mix together **ONE AND A HALF TOTAL BOTTLES** (12.45oz/357g) of Miralax with **96 oz.** of chilled Gatorade.



4

**6:00 PM** the evening prior to your procedure

Drink an 8 oz. glass of the solution every 15 minutes until you have finished drinking **HALF OF THE MIXTURE (48 oz.)**.



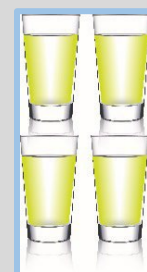
5

**5:00 AM** the morning of your procedure

Drink the **OTHER HALF OF THE MIXTURE (48 oz.)** Drink an 8 oz. glass of the solution every 15 minutes **until gone**.

\*Prep must be completed no later than **3 hours** prior to your procedure.

Your bowel movements should be watery, see-through and free of solids (flecks are OK). The color may appear clear to yellow, green or tan.



*Individual responses to laxatives vary. This preparation will cause multiple bowel movements, stay close to a bathroom.*

# STANDARD BOWEL PREP– Appointments Scheduled After 10:00 AM

## LOW FIBER FOODS:

- Juices without pulp
- Enriched White Bread
- White Rice or Plain White Enriched Pasta or Noodles
- Cereals with no more than 1 gram of dietary fiber
- Canned Soups without Corn or Peas
- Eggs
- Canned Fruits without skins, seeds or membranes
- Well Cooked Turkey, Chicken or Fish

## AVOID:

- Whole Wheat, Grain, Oats or Multigrain Bread
- Brown or Wild Rice
- Raw/Dried Fruits or Vegetables
- Dried Beans, Baked Beans, Peas or Corn
- Flax or any food products containing flax, nuts or seeds
- Popcorn or snack food containing corn, nuts or seeds

## THE DAY OF THE PROCEDURE

- **You are on a clear liquid diet up to 3 hours before your procedure**
- **If you are Diabetic**, DO NOT TAKE ANY INSULIN OR ORAL DIABETIC MEDICATIONS on the morning of your procedure, unless otherwise directed by your gastroenterologist.
- **DO NOT have anything by mouth 3 hours prior to your procedure (this includes water, gum, candy, chewing tobacco, snuff or food items).**
- **EXCEPTION:** If there are prescribed medications that you **NEED** to take the morning of the procedure, please do so with a small sip of water **AT LEAST 3 hours prior** to your procedure. Do not take **anything** by mouth starting 3 hours prior to your procedure.
- If you use an inhaler, bring it with you to your procedure.
- If you wear contacts, be prepared to remove them or wear glasses.
- Please do not wear jewelry (including body piercings) or wear lotion to the center.
- **DO NOT USE ILLICIT DRUGS, INCLUDING MARIJUANA/THC, ON THE DAY OF YOUR PROCEDURE. IF YOU DO, YOUR PROCEDURE WILL BE CANCELED, AND YOU WILL INCUR CANCELLATION FEES.**
- Plan to be at the facility for 3-4 hours.

This procedure requires sedation. Therefore, a driver (age 18 or over) must accompany you to your appointment. The person who is driving you home must remain at the facility while your procedure is being performed so that they are available to receive discharge instructions and pertinent medical information, as well as possibly assist you with dressing. You may not go home in a taxi, rideshare (Uber/Lyft), or take public transportation. The sedation you will receive will prevent you from driving safely or working the rest of the day of your procedure. Following your procedure, do not drive, operate heavy machinery or sign legal documents for 24 hours.

**NO DRIVER = NO PROCEDURE**

**If you have any questions or concerns about the preparation, please contact Gift Health by calling 833.614.4438 or emailing [care@gifthealth.com](mailto:care@gifthealth.com)**

### Bowel Prep Frequently Asked Questions

#### What is a clear stool?

A clear stool can have a slight tint of yellow or brown. It will be completely transparent, and will not contain any solid matter.

#### 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 have not had a bowel movement by midnight the night prior to your procedure, you will need to reach the on call physician 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 drink the solution. Please attempt to drink all of the laxative solution even if it takes you longer. If vomiting persists, or you are not able to finish the preparation, stop the preparation and call your physician's office for further instructions.

#### What are some high fiber foods I should avoid?

Raw fruits and vegetables are typically high in fiber, as well as nuts, seeds, whole grain breads and beans and lentils.

#### What are some good options for low fiber foods?

Choose white bread and white rice for lower fiber options, as well as pastas made with white flour. Chicken, fish, dairy and eggs are also low in fiber and good choices for foods 2-3 days before you begin your prep.

#### If I eat popcorn or seeds 3 days before my procedure do I need to reschedule?

You will not need to reschedule your procedure; however the seeds or nuts may cause a difficulty in screening and require a need for rescreening. If you have eaten a large amount of seeds or nuts, you may want to contact the nurse or physician.

#### Can I drink ALCOHOL on the liquid diet?

Alcohol is not allowed as part of the liquid diet.

#### Can I continue to be on the liquid diet after I begin consuming the laxatives?

Yes, you may continue the liquid diet until you are directed to discontinue anything by mouth, which is typically 4-6 hours prior to the procedure.

#### Why do I have to wake up so early for the 2<sup>nd</sup> dose, can't I take it all the night before?

A split prep has proven to be the most effective for a successful colonoscopy. It is essential that you follow the directions provided with your prep medications.

#### If I weigh under 100 pounds do I need to take all of the prep?

The liquid amount is not weight dependent. It is important to finish the prep for a successful colonoscopy.