Colon Cleansing For Colonoscopy

A thoroughly cleansed colon is essential for colonoscopy so that your doctor has the best chance of finding polyps. Please read the information and instructions below to improve the safety and effectiveness of your preparation and procedure.

Effectiveness

Completing the entire preparation increases the chance the likelihood of a clean colon. Taking at least part of the preparation close to the time of colonoscopy further improves the chance your colon will be adequately cleansed. Here are the options for dosing:

- Preferred: 1. **Split dosing** – part night before colon, part AM of procedure
  2. **AM-only** – all taken morning of colonoscopy
- Alternative: **Day prior** – all taken the night before colonoscopy

Tolerance

Lower volume preparations, and separation of the prep doses (“splitting”), improves tolerance. This means you will be more comfortable during cleansing and more likely to complete the medication. Unfortunately, expect GI side effects as they are common with all the preps. If you are having problems, stop drinking for 30 minutes and then resume.

Safety

The greatest risk from colon cleansing is dehydration. Adequate fluid intake is critical. Therefore, in addition to the fluids required with the prep, drink at least 4 liters (128 ounces or 1 gallon) of fluids on the day before the colonoscopy. Sugar-electrolyte solutions such as Gatorade® and chicken or vegetable broth are preferable. When you go home after the colonoscopy, drink at least another 2 liters (64 ounces) of fluids. Do not exercise the day before, or the day of, your colonoscopy.

Specific issues:

- MoviPrep: Avoid if have G6PD deficiency
- OsmoPrep: Avoid with advanced age, high blood pressure, heart or kidney or liver disease. An office visit and lab tests are suggested. Always split dosed.
- SUPREP: Avoid with kidney disease, heart failure, liver disease, gout, high calcium levels. Always split dosed.

What are my options?

**PEG-ELS** (polyethylene glycol with electrolytes):

- 4 liter (split, day prior)
- 2 liter with bisacodyl (split, day prior)
- 2 L with sodium ascorbate/ascorbic acid (AM only, split, day prior)

**PEG** (PEG added to sports drink): 2 L with bisacodyl (split, day prior)

**Sodium phosphate tablets**: 32 tablets, must split dose

**Oral sulfate**: 1 liter, must split dose
Endoscopy Instructions: Review 1 week in advance
(Problems, Questions, or Cancellation? Please call 215-955-8900)

Procedure: ___________________________________________________________

Date/Time: ___________________________ ARRIVE AT ______________________

Physician: _____________________________________________________________

Place: 132 S. 10th Street Suite 480 Main Building 4th floor Philadelphia PA 19107
2301 S. Broad Street 1st floor Outpatient Registration Philadelphia PA 19148

Referral: If required, must bring day of procedure or you will be responsible for costs

Transportation: For your safety, no matter what form of transport you are using, someone must pick you up after the procedure. If not, the procedure will be cancelled.

Clothing: Wear comfortable clothing and do not bring valuables

Special Conditions: Call us before the procedure if you have an abnormal, or artificial, heart valve OR a defibrillator OR a recent prosthetic device (joint, vascular, other). Let your doctor and scheduler know if you have ANY kidney problem.

Medications – Review 1 week before colonoscopy
1. Do NOT stop aspirin.
2. Instructions for other medicines that thin the blood or affect platelets (coumadin, plavix, etc.) come from the prescribing doctor. We send a form to your doctor for guidance. If we do not receive instructions, your procedure may be cancelled.
3. 7 days before your procedure stop herbs and non-prescription supplements
4. Diabetics: Procedures are cancelled if blood glucose is above 300
   □ Oral diabetes medication: Don’t take on the morning of the procedure.
   □ Insulin: Often is not taken morning of procedure, but discuss with your prescribing doctor.
5. Take your other medications (heart disease, high blood pressure, reflux, etc.) on the morning of your colonoscopy with sips of water, but then do not take ANY food, liquid, mints, gum or candy by mouth for 2 ½ hours before colonoscopy.

Diet – Review 2 days before colonoscopy
1. Day before the procedure: (scheduler will check only one option here)
   □ Low residue (see attached) breakfast, then only clears after 10 am OR
   □ Only clear liquids the entire day
2. Day of the procedure:
   a. Clear liquids are OK up to 2 1/2 hours before the procedure, then nothing by mouth. NO liquid, mints, gum, hard candy.
Clear Liquids: sports drink, clear broth, apple juice, lemonade (no pulp), coffee or tea (no creamer), jello, ices, soda. Nothing purple, red or orange. No solid food. No dairy. Preferred: drinks with sugar & electrolytes such as Gatorade® or broth

Additional Notes:
1. Minimize intake of seeds, skins, vegetables, and salads for a few days
2. Avoid perfume or cologne on the day of your procedure

Split Dose Regimens – PM/AM (I)

REVIEW INSTRUCTIONS 2 DAYS BEFORE PROCEDURE

Important: Drink at least 4 liters (128 ounces) of fluids over the entire day before your colonoscopy. These fluids are in addition to the colon preparation. After the colonoscopy, drink at least 2 liters. Sugar-electrolyte solutions, such as Gatorade®, are best. No red, orange, or purple liquids.

____ 4 L PEG-ELS (GoLYTELY®, etc.)

1. Fill prescription at the pharmacy.
2. Follow these instructions only, and not those included in the kit.
3. Fill the container with 4 liters (1 gallon) of water (usually a mark is present on the container), add flavor packet of your choice if included, mix thoroughly, and refrigerate.
4. Starting around 5 pm the day before the procedure, drink 8 ounces every 15 minutes until half of all the liquid (1/2 gallon) is taken.
5. Starting 5 hours before the time of your colonoscopy, drink 8 ounces every 15 minutes until the rest of the fluid (1/2 gallon) is finished.
6. Must complete at least 2 and ½ hours before your colonoscopy, and then nothing by mouth except medications with sips of water.
PEG-ELS with ascorbic acid/sodium ascorbate (MoviPrep®)

1. Fill prescription at the pharmacy.
2. **Follow these instructions only**, and **not** those included in the kit.
3. **Afternoon before colonoscopy**, add 1 pouch “A” and 1 pouch “B” to the kit’s 1 liter container.
4. Add room temperature water or Gatorade or other sports drink (1 liter) to top line of the container, mix until dissolved, and refrigerate.
5. **At 5 pm** the night before drink the container – 8 ounces every 15 minutes. **In addition**, drink a total of 16 ounces of any clear liquid you choose.
6. When finished, repeat steps 3 and 4 for the second container of MoviPrep® and refrigerate for use the next morning.
7. **4-5 hours before colonoscopy** drink the second container – 8 ounces every 15 minutes. **In addition**, drink a total of 16 ounces of any clear liquid you choose.
8. Must complete at least **2 and ½ hours** before colonoscopy, and then **nothing** by mouth.

Miralax® (PEG 3350)/Gatorade®/Bisacodyl

1. Purchase Miralax or Glycolax (8.3 oz) and bisacodyl (two 5-mg tablets), and purchase 64 ounce Gatorade®.
2. Thoroughly mix all the Miralax with the Gatorade®, and then refrigerate.
3. **At 3 pm the day before colonoscopy**, take 2 bisacodyl tablets with 8 ounces of clear liquid.
4. **At 5 pm the night before colonoscopy**, drink 8 ounces every 15 minutes of Miralax/Gatorade mixture until complete 32 ounces (total of 4 glasses). Put the remaining half of prep in refrigerator.
5. **Starting 4-5 hours before** the time of colonoscopy, drink 8 ounces every 15 minutes of Miralax/Gatorade mixture until complete 32 ounces (the remaining 1 liter should be finished).
6. Must complete **2 and 1/2 hours** before your colonoscopy, and then **nothing** by mouth.
PEG-ELS and Bisacodyl (HalfLytely®)

1. Fill prescription at the pharmacy.
2. **Follow these instructions** and not those included in the kit.
3. On the **day before colonoscopy**, add 2 liters (64 ounces or 1/2 gallon) of water to the container, add flavor packet of your choice if included, mix thoroughly, and refrigerate.
4. At 3 pm the day **before** colonoscopy, take two 5-mg bisacodyl.
5. At 5 pm the **night before** colonoscopy, drink 8 ounces every 15 minutes of the prep until complete 32 ounces (total of 4 glasses). Put the remaining half of prep in refrigerator.
6. Starting **4-5 hours before** the time of colonoscopy, drink 8 ounces every 15 minutes of the prep until complete 32 ounces (the remaining 1 liter should be finished).
7. Must complete at least **2 and ½ hour** before colonoscopy, and then nothing by mouth.

Oral Sulfate Solution (SUPREP®)

1. Fill the prescription at the pharmacy.
2. Starting at 5 pm the evening **before** colonoscopy: Pour 1 (**only one**) 6 ounce bottle of SUPREP liquid into mixing container provided in the kit. Add cool water until container is filled to 16 ounce line. Mix and drink over 15 minutes.
3. **2 times** over the next 1 hour, fill the provided container to the 16 ounce line with water and drink it all. You will be drinking a total of 32 ounces (or 1 liter) of water during this hour.
4. **4 ½ - 5 hours** before the colonoscopy, repeat steps 2 and 3. Must complete at least **2 and ½ hours** before colonoscopy, and then **nothing** by mouth.