



# Optimal Digestive Care

## Colonoscopy Prep Instruction

Location of procedure: **Frederick Surgical Center**  
45 Thomas Johnson Drive., Ste. 207  
Frederick, MD 21702  
301-694-3400

**Frederick Memorial**  
400 W. 7<sup>th</sup> St  
Frederick, MD 21701  
240-566-3300

### The Week BEFORE Colonoscopy

- Stop taking Iron-containing vitamins and medications
  - Stop the following blood thinners if, and only if, the Prescribing Physician approves for the number of days s/he allows: Plavix, Clopidogrel, Effient, Brillinta, Coumadin, Warfarin, Pradaxa, Xarelto and Eliquis.
- Please notify GI office in advance if prescribing physician does not approve stopping any of these meds.
- Please continue any dose of aspirin taken for cardiac, vascular, or neurologic reason, through your procedure. If you use anti-inflammatory medications (NSAIDs) for pain control, such as, ibuprofen, motrin, or aleve, **CONTRARY** to the video instructions, we suggest that you stop these medications five days prior to the date of the procedure.
  - 2 days before exam: Avoid high-fiber foods: fresh/dried fruit, vegetables, seeds, nuts, marmalades

### The Day BEFORE Colonoscopy

Between 5-9 am

You may have a low-residue breakfast, if you desire, strictly limited to:

- 2 eggs (boiled or fried) or 1 oz. cheese
- 1 cup of milk
- 2 slices of white bread/toast
- 1 tbsp. of butter (if desired)

9 am  **Begin and remain on a strict CLEAR LIQUID Diet** (see table on next page)

3 pm  **Take 2 (of 4) prep pills** (Bisacodyl) by mouth with Clear Liquids

Mix the ENTIRE 8.3 oz BOTTLE of ClearLax powder and the sleeve of Crystal Light (or any clear liquid you wish to use) with 64oz of water. Stir until dissolved. Chill with ice or in refrigerator.

Between 3-5 pm

- Begin drinking ClearLax solution**--One 8oz glass every 30 mins. until entire 64oz is gone.
- A straw may help. If you become nauseated or vomit, take a 30 min. break, then continue.
- You may start any time btw 3-6pm, but the earlier you start, the better sleep you may get.

After Clearlax

- Take the last 2 prep pills** (Bisacodyl) with Clear Liquids

- Continue drinking Clear Liquids. It is very important to remain hydrated.

## The Day of Colonoscopy

- 4 hours prior to your arrival time, **Pour the entire 10oz bottle of Magnesium Citrate over ice and drink and drink 8 oz of water . Note: This may be in the middle of the night or very early morning.**
- TAKE NOTHING BY MOUTH after finishing Magnesium Citrate and water.**
- You may take critical medications with Clear Liquids up until 4hrs. before your arrival time.
- For afternoon arrival times, you may continue Clear Liquids until the time you take the MagCitrate.
- You must have someone to drive you home or accompany you home on public transportation.
- You must not drive or be responsible for important decisions until the morning after your procedure.

### Clear Liquid Diet List:

- Gatorade®, Powerade® (sports drinks with electrolytes are recommended to help with hydration)
- Water, tea, or coffee (No cream or milk; sugar is ok)
- Broth or Bouillon
- Jell-O®, Popsicles®, Italian ice (no fruit or cream added)
- Apple, white grape, or white cranberry juice (No orange, tomato, grapefruit, prune, or any juice with pulp)
- Soda such as Sprite®, 7-Up®, ginger ale, or any clear soda
- Lemonade (with no pulp), iced tea
- Avoid all red liquids—they can look like blood in the colon! We prefer liquids with colors such as yellow and orange. If possible, avoid colors such as red, purple and greens

### Important Notes and Helpful Hints:

- 1. Nothing by Mouth within 4hrs. of your procedure time.** This includes clear liquids, candy, and gum. Taking anything by mouth within 3 hrs. of arrival will cause a delay or cancellation of your procedure.
- Your exam will only be as good as your colon prep. **A good sign that the prep has been effective is the transition to clear/yellow, watery bowel movements.**
- Many patients find that chilling the laxative and drinking through a straw improve tolerance.
- Use the baby wipes included with the prep instead of toilet paper. A small packet of Vaseline is also included in case of a sore bottom.
- Remain close to toilet facilities as multiple bowel movements may occur. The prep often starts working within an hour but may take many hours to start working.
- You may take oral medications with water during the prep and up to 3 hours before arrival time. If you require antibiotic prophylaxis for the procedure, you may take this medication 1 hour prior to your procedure time with a small quantity of water.

### Diabetic patients:

- Hold (do not take) your diabetic medication the morning of the colonoscopy.
- Use sugar free drinks for liquids during the prep to avoid increases in blood sugar. Monitor and control your blood sugar closely during your prep to prevent low and high blood sugar.

Note: Your procedure may need to be cancelled if your blood sugar is over 300mg/dl on arrival.

**Video Prep Instructions & Frequently Asked Questions at:**  
**[www.OptimalDigestiveCare.com](http://www.OptimalDigestiveCare.com)**

If you have watched the video and still have a question, please call us at: **301-624-5566**