



PATIENT EDUCATION

*Preparation Instructions For Your Colonoscopy*

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BARBARA WOODWARD LIPS  
PATIENT EDUCATION CENTER



# How to Prepare For Your Colonoscopy

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**Please read these instructions now.**

**A thorough colon cleansing before the procedure is key to its success.**

The best colon cleansing uses a split-dose preparation. This means you take the first dose the evening before your procedure. You take the second dose the day of your procedure.

There are a number of different colon cleansing preparations. The health care provider who orders your colonoscopy prescribes the one that is best for you. This is based on factors such as your medical condition and insurance coverage.

**This guide has instructions for the following colon cleansing preparations:**

1. Moviprep™
2. GoLYTELY™, PEG-3350, Colyte™, TriLyte™, NuLYTELY™, and GaviLyte™-C
3. Suprep™
4. Prepopik™
5. MiraLAX™



**Find and follow the instructions for the preparation you are told to use.**

This guide also tells you other things to do before your colonoscopy. These are the same no matter which cleansing preparation you use. It tells you what you can eat and drink in the days before your procedure. It gives you guidelines about sedation. It includes special instructions if you have diabetes or take blood-thinning medication.

**It is important to follow all the instructions in this guide.** If you do not, your procedure will be delayed or scheduled for another time.

If you have questions after you read this or are not sure how to prepare for your colonoscopy, please contact your health care provider.

# About Sedation

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You get sedation when you have a colonoscopy. This medication helps you relax and feel comfortable during the procedure. When you have sedation, you must follow the instructions listed below or your procedure will be delayed or canceled. You may feel fine after your procedure, but your judgment may be impaired from the sedation medication you receive.

- **Arrange to have an adult family member or friend accompany you to your procedure and to other appointments, pick you up from the procedure unit, and drive you home or to your place of lodging.**
- **The absence of a responsible adult will result in a delay or cancellation of your procedure if plans have not been made for your after-procedure travel.** Examples: If you are alone and staying at a local hotel, please check with your hotel to see if it offers transportation service to and from the clinic where you will have your procedure. Or, companion care services can be hired to assist with transportation to your home or hotel and offer support as needed.
- Do not drive for the rest of the day. Unaccompanied air travel on the same day as your procedure is not permitted. This is for your safety and the safety of others.
- If you use an external medication infusion pump (example: an insulin pump), arrange to have a responsible adult drive you home and stay with you for the rest of the day.

**If you use a Continuous Positive Airway Pressure (CPAP) or Bilevel Positive Airway Pressure (BiPAP) machine to help you sleep:** Bring your machine and mask with you. These may be used after the procedure.

# Special Instructions for Diabetes and Blood-Thinning Medications

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**If you have diabetes:** See the *Diabetes Medication Instructions for Tests, Procedures and Surgeries That Require Fasting* in your Patient Appointment Guide for specific instructions on taking insulin and other diabetes medications.

**If you take blood-thinning medications:** Blood-thinning medications affect clotting and bleeding. Both the health care provider who manages these medications and the provider doing your procedure will need to decide if your medications need to change.

Some examples of generic and brand name medications that affect blood thinning are:

- Warfarin (Coumadin™, Jantoven™)
- Clopidogrel (Plavix™), prasugrel (Effient™), ticagrelor (Brilinta™), ticlopidine (Ticlid™)
- Cangrelor (Kengreal™)
- Cilostazol (Pletal™)
- Dabigatran (Pradaxa™)
- Rivaroxaban (Xarelto™)
- Apixaban (Eliquis™)
- Edoxaban (Savaysa™)
- Heparin, enoxaparin (Lovenox™), dalteparin (Fragmin™), fondaparinux (Arixtra™)
- Aggrenox™
- Vorapaxar (Zontivity™)

Contact the health care provider who manages these medications about whether you should stop taking them before the procedure and for how long. After the procedure, the health care provider who manages these medications and the provider doing your procedure will need to decide when to restart these medications.

# Eating and Drinking Instructions

Eating and drinking instructions are the same for all colon-cleansing preparations.

## 2 days before your procedure

- Do not eat foods high in fiber. Examples are whole grain breads and cereals, fruits, nuts, seeds, quinoa, popcorn, and cooked or raw vegetables.
- Do not take any fiber supplements.

## 1 day before your procedure

- **Do not eat any solid foods.**
- **Drink only clear liquids.** Clear liquids include water, clear fat-free broth, gelatin, and clear fruit juice such as apple or white grape. You also may have ice pops without pulp, carbonated beverages, sports drinks, and tea and coffee (with or without sugar).
- Do not eat or drink any red-colored beverages or gelatins.
- Do not eat or drink any dairy products. Examples include milk, yogurt, cheese, ice cream, and cream or milk in coffee or tea.
- Do not drink alcohol.

## The day of your procedure

- Do not eat any solid foods until after your procedure.
- **Stop drinking clear liquids** at least 2 hours before your scheduled report time.

## Medication Instructions

- If you take daily medication(s), you may do so up until 2 hours before your scheduled report time.
- If you have diabetes, follow the *Diabetes Medication Instructions for Tests, Procedures and Surgeries* in your Patient Appointment Guide. If you take blood thinners, follow the instructions your health care provider gives you.

# About ALL Colon-Cleansing Preparations

**All preparations work best when you take them as a split-dose.** This means you take the first dose the evening before your procedure. You take the second dose the day of your procedure. It is very important to drink all of the preparation solution.

**Colon-cleansing preparations cause frequent, liquid stools.** You may have your first bowel movement about one hour after you start to drink the solution. You may continue to pass liquid stools up to two hours after you finish the solution.

If you find it hard to tolerate the taste of the solution, these tips may help:

- Refrigerate the solution and drink it cold. **Do not add ice or flavorings.**
- Suck on ice or a lemon or lime wedge.
- Chew gum right before you drink each glass of solution.
- Drink the solution through a straw.

**Side effects** from the preparations may include bloating, stomach cramps, nausea and vomiting. You also may have chills, headache and irritation of your rectal area.

If you have severe cramps, nausea or vomiting, drink the solution more slowly until your symptoms improve.



**If you develop a skin rash or itching, stop drinking the solution. Call your health care provider right away.** These may be signs of a serious allergic reaction.

## **Plan ahead for your second dose**

Note how your body reacts to the evening dose of preparation solution. Give yourself plenty of time the next day to finish your morning dose and travel to your appointment.

# 1. If You Are Told to Use MoviPrep

**PLEASE NOTE:** The directions on the MoviPrep box may differ from the directions in this section. Read and follow the instructions in this section.

Do not use the MoviPrep solution if you have an allergy to vitamin C or aspartame or if you have a G6PD deficiency. Contact your health care provider for a different preparation.

## Prepare the solution

MoviPrep comes with a mixing container and 2 sets of packets. Each packet contains 2 pouches of powder. You dissolve the powder in water before you drink the solution.

To prepare your evening dose:

- Empty one “Pouch A” and one “Pouch B” into the mixing container.
- Add lukewarm drinking water to the top line of the container. Warm water dissolves the powder better than cold water.
- Shake the container well to dissolve the powder.
- You may mix the solution ahead of time and refrigerate it until you start to drink it.
- **Do not add ice or any flavorings to the solution.**
- Use the solution within 24 hours after you mix it.

## The evening before your procedure

**Start at 6 p.m.**

- You will see four marks on the container. Each mark shows about 8 ounces (240 milliliters) of fluid.
- At 6 p.m., start to drink the mixed solution. Drink to the first mark on the container.
- Every 15 minutes, drink to the next mark. Be sure to finish all the solution.
- After you finish the solution, drink at least 16 ounces (two 8-ounce cups) of clear liquids. This step is important. It keeps you hydrated and helps the solution cleanse your colon better.
- If you wish, you may now mix the second container of solution that you will use the next morning. See *Prepare the solution*.

## The day of your procedure

### Start at least 3 hours before your scheduled report time.

- Mix the second container of solution if you did not do so the evening before. See *Prepare the solution*.
- Start to drink the second container of mixed solution. Drink to the first mark on the container.
- Every 15 minutes, drink to the next mark. Be sure to finish all the solution.
- After you finish the solution, drink at least 16 ounces (two 8-ounce cups) of clear liquids.

### Two hours before your scheduled report time:

- Stop drinking clear liquids.

To see a video of the MoviPrep instructions, type this address into a computer web browser: <http://bcove.me/f59qkrhh>

## 2. If You Are Told to Use GoLYTELY, PEG-3350, Colyte, TriLyte, NuLYTELY or GaviLyte-C

**PLEASE NOTE:** The directions on the cleansing preparation box may differ from the directions in this section. Read and follow the instructions in this section.

### Prepare the solution

All of these colon cleansing preparations come as a powder in a jug. You dissolve the powder in water before you drink the solution.

- Fill the jug about halfway with lukewarm water. Warm water dissolves the powder better than cold water.
- Shake the jug well to dissolve the powder.
- Add cold water to the fill mark on the jug. Again, shake the jug well. The full jug contains sixteen 8-ounce cups of solution.
- **Do not add ice or any flavorings to the solution.**
- Keep the jug away from heat and direct light.
- You may refrigerate the jug or keep it on ice until you drink all the solution.
- Use the solution within 24 hours after you mix it.

### The evening before your procedure

**Start at 6 p.m.**

- Shake the jug of mixed solution well.
- Drink one 8-ounce cup (240 milliliters) of the solution. Drink it quickly. The solution will not work as well if you sip small amounts.
- Every 10 to 15 minutes, quickly drink another cup of solution.
- Do this until you drink three-fourths (12 cups) of the solution. This will take about three hours.
- Keep the rest of the solution to drink on the day of your procedure. Keep the jug away from heat and direct light. You may refrigerate the jug or keep it on ice.

## The day of your procedure

### Start at least 3 hours before your scheduled report time.

- Shake the jug of mixed solution well.
- Quickly drink one 8-ounce cup of the solution.
- Every 10 to 15 minutes, quickly drink another cup of solution.
- Do this until you drink the rest of the solution, or until your stools are clear and free of solid matter.
- **If your health care provider ordered bisacodyl tablets for you:** Take them after you finish drinking the solution. Swallow the tablets whole with a full glass (8 ounces) of water. These tablets help the solution cleanse your colon better.

### Two hours before your scheduled report time:

- Stop drinking clear liquids.

To see a video of the GoLytely instructions, type this address into a computer web browser: <http://bcove.me/c59ad3yg>

## 3. If You Are Told to Use Suprep

**PLEASE NOTE:** The directions on the Suprep box may differ from the directions in this section. Read and follow the instructions in this section.

Suprep comes with two 6-ounce bottles of solution and a 16-ounce mixing container.

### The evening before your procedure

**Start at 6 p.m.**

- Pour one bottle of solution into the mixing container.
- Add cold water to the 16-ounce (480 milliliter) line on the container and mix. **Do not drink Suprep without adding water.**
- Drink all the mixed solution in the container.
- Over the next hour, drink two 16-ounce containers of water. This step is important. It keeps you hydrated and helps the solution cleanse your colon better.

### The day of your procedure

**Start at least 3 hours before your scheduled report time.**

- Pour the second bottle of solution into the mixing container.
- Add cold water to the 16-ounce (480 milliliter) line on the container and mix.
- Drink all the mixed solution in the container.
- Drink two 16-ounce containers of water.

**Two hours before your scheduled report time:**

- Stop drinking clear liquids.

## 4. If You Are Told to Use Prepopik

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**PLEASE NOTE:** The directions on the Prepopik box may differ from the directions in this section. Read and follow the instructions in this section.

Prepopik comes with a dosing cup and two packets of powder.

### **The evening before your procedure**

#### **Start at 6 p.m.**

- Fill the dosing cup with cold water to the 5-ounce line on the cup.
- Pour one packet of Prepopik into the cup. Stir for two to three minutes to dissolve the powder.
- Drink all the prepared solution.
- Within the next five hours, drink five 8-ounce cups of clear liquids. This step is important. It keeps you hydrated and helps the solution cleanse your colon better.

### **The day of your procedure**

#### **Start at least 5 hours before your scheduled report time.**

- Fill the dosing cup with cold water up to the 5-ounce line on the cup.
- Pour the contents of the other packet of Prepopik into the cup. Stir for two to three minutes to dissolve the powder.
- Drink all the prepared solution.
- Drink three 8-ounce cups of clear liquids. Drink one cup every 10 to 15 minutes.

#### **Two hours before your scheduled report time:**

- Stop drinking clear liquids.

## 5. If You Are Told to Use MiraLAX

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**PLEASE NOTE:** The directions on the MiraLAX box may differ from the directions in this section. Read and follow the instructions in this section.

MiraLAX comes in an 8.3-ounce (238 grams) bottle.

### **Prepare the solution**

- Mix 64 ounces of room temperature yellow, white or blue Gatorade™ or Powerade™ with the bottle of MiraLAX.
- Refrigerate the prepared solution.

### **The evening before your procedure**

**Start at 6 p.m.**

- Drink 32 ounces of the solution.
- Take two 5-milligram bisacodyl tablets. Swallow the tablets whole with water.

### **The day of your procedure**

**Start at least 4 hours before your scheduled report time.**

- Drink the rest of the solution.

**Two hours before your scheduled report time:**

- Stop drinking clear liquids.



### BARBARA WOODWARD LIPS PATIENT EDUCATION CENTER

Mrs. Lips, a resident of San Antonio, Texas, was a loyal Mayo Clinic patient of more than 40 years and a self-made business leader who significantly expanded her family's activities in oil, gas and ranching. Upon her death in 1995, Mrs. Lips paid the ultimate compliment by leaving her entire estate to Mayo Clinic. By naming the Barbara Woodward Lips Patient Education Center, Mayo honors her generosity, her love of learning, her belief in patient empowerment and her dedication to high-quality care.

*This material is for your education and information only. This content does not replace medical advice, diagnosis or treatment. New medical research may change this information. If you have questions about a medical condition, always talk with your health care provider.*

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