

Colon Cleansing For Colonoscopy

3-10-2010

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 will increase the chance your colon will be adequately cleansed. Furthermore, your doctor may ask that you take at least part of the preparation close to the time of colonoscopy – this also increases the chance your colon will be clean.

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 the medicine for 15-30 minutes and then resume.

Safety

The greatest risk from a colon prep is dehydration. Adequate fluid intake is critical. Therefore, in addition to the fluids required with the prep, drink at least 4 liters (64 ounces or 1 gallon) of fluids from noon to bedtime 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 of fluids. Do not exercise the day before, or the day of, your colonoscopy.

If you known to have G6PD deficiency, do not use MoviPrep.

Regarding OsmoPrep, this preparation is not appropriate for everyone. Therefore, patients need to be evaluated in our office before this medication is prescribed.

What are my options?

Your doctor will offer polyethylene glycol with electrolytes (PEG-ELS) liquid, PEG alone, or sodium phosphate tablets. The variations are outlined below. The preferred dosing strategy involves taking at least some of the prep close to the time of procedure.

PEG-ELS: 4 liter; 2 liter with bisacodyl; or 2 L with sodium ascorbate/ascorbic acid

PEG: 2L with bisacodyl, may be taken with a sports drink

Sodium phosphate tablets – always split between evening prior and morning of colon.

Never take this prep before discussing with the doctor who is performing the colonoscopy. Do not use if you have kidney disease, liver disease, heart disease, or high blood pressure.

Endoscopy Instructions: Review 1 week in advance

(Problems, Questions, or Cancellation? Please call 215-955-8900)

Procedure: _____

Date/Time: _____

Physician: _____

Place: _____

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 unless instructed by your doctor.
2. **5 days before your procedure**
 - STOP** other blood thinners – coumadin, plavix, _____
 - DO NOT STOP** blood thinners – coumadin, plavix, _____
3. **5 days before your procedure stop** herbs and non-prescription supplements
4. Diabetics: **Don't** take your oral diabetes medicine on the morning of the procedure. Usually insulin is not taken that morning, but discuss this with the prescribing doctor. Procedures are canceled if the blood glucose is above 300.
5. **Do take your other medications** (heart disease, high blood pressure, reflux, etc.) as prescribed with sips of water on the morning of colonoscopy.

Diet – Review 2 days before colonoscopy

1. Day **before** the procedure: (**scheduler will check one**)
 - Low residue (see attached) breakfast, after 10 am only clears (at least 4 liters)
 - OR**
 - Only clear liquids the entire day (at least 4 liters)
2. Day **of** the procedure:
 - a. **Clear liquids** are permitted up to **3** hours before your procedure, then **nothing** by mouth (no mints/gum/etc.) **except** medicine with sips of water

Clear Liquids: sports drink, clear broth, apple juice, lemonade (no pulp), coffee or tea (no creamer), jello, ices, soda, hard candy. **Nothing** purple, red or orange. **No** solid food or dairy products. 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 prior
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 2 liters (64 ounces) of fluids during the 5 hours before starting the evening dose of the prep, and a total of at least 4 liters over the entire day prior to colonoscopy. These fluids are **in addition to the colon preparation**. After the colonoscopy, drink at least 2 liters that afternoon. Sugar-electrolyte solutions, such as Gatorade®, are best.

_____ **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. This must be completed **3** hours before your colonoscopy.

_____ **PEG-ELS with Vitamin C (MoviPrep®)**

1. Fill prescription at the pharmacy.
2. Follow these instructions only, and not those included in the kit.
3. Add 1 pouch “A” and 1 pouch “B” to the kit’s 1 liter container.
4. Add water **or** Gatorade **or** other sports drink (1 liter) to top line of the container and refrigerate. **No red, orange, or purple drinks.**
5. Repeat steps 3 and 4 for the second container.
6. Drink first container at 5 pm the night prior – 8 ounces every 15 minutes – along with 500cc (16 ounces) of any clear liquid.
7. Drink second container 4-5 hours before colonoscopy – 8 ounces every 15 minutes – along with 500cc (16 ounces) of any clear liquid. Must be completed **3** hours before your colonoscopy.

Split Dose Regimens – AM/PM (II)

REVIEW INSTRUCTIONS 2 DAYS BEFORE PROCEDURE

Important: Drink at least 2 liters (64 ounces) of fluids during the 5 hours before starting the evening dose of the prep, and a total of at least 4 liters over the entire day prior to colonoscopy. These fluids are **in addition to the colon preparation**. After the colonoscopy, drink at least 2 liters that afternoon. Sugar-electrolyte solutions, such as Gatorade®, are best.

_____ **Miralax/Gatorade®/Bisacodyl**

1. Fill prescription for Miralax **OR** Glycolax (255 gram) and bisacodyl (two 5-mg tablets), and purchase 64 ounce Gatorade® (**not red, orange, or purple**)
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. Starting at 5 pm the **night before** the colonoscopy, drink 8 ounces every 15 minutes of Miralax/Gatorade mixture until complete 32 ounces (1 liter).
5. Starting **4-5 hours before** the time of colonoscopy, drink 8 ounces every 15 minutes of Miralax/Gatorade mixture until complete 32 ounces (1 liter). Must complete **3** hours before your colonoscopy.

_____ **Sodium Phosphate Tablets (OsmoPrep®)**

Physician note in chart, and baseline creatinine, required

Do not take this prep unless discussed with your physician

1. Fill the prescription at the pharmacy.
2. Starting at 5 pm the evening **before** colonoscopy: take 4 pills with 8 ounces of a clear liquid every 15 minutes until 20 tablets taken. **Nothing red, orange, or purple.**
3. Morning of colonoscopy: 4 hrs before the time of the colonoscopy, take 4 pills with 8 ounces of a clear liquid every 15 minutes until 12 tablets taken. Must be completed **3** hours before your colonoscopy. **Nothing red, orange, or purple.**

Regimens Completed the Night before Colonoscopy

REVIEW INSTRUCTIONS 2 DAYS BEFORE PROCEDURE

Important: Drink at least 2 liters (64 ounces) of fluids during the 5 hours before starting the evening dose of the prep, and a total of at least 4 liters over the entire day prior to colonoscopy. These fluids are **in addition to the colon preparation**. After the colonoscopy, drink at least 2 liters that afternoon. Sugar-electrolyte solutions, such as Gatorade®, are best.

4 L PEG-ELS (GoLYTELY®, etc.)

1. Fill prescription at the pharmacy.
2. 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.
3. Starting at 5 pm the day **before** the procedure, drink 8 ounces every 10-15 minutes until all the liquid is taken. If nauseated, don't drink for 20-30 minutes and then resume drinking the medication.

PEG-ELS and Bisacodyl (HalfLyte®)

1. Fill prescription at the pharmacy.
2. 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.
3. At noon the day **before** colonoscopy, take two 5-mg bisacodyl
4. At 5 pm the day **before** colonoscopy, drink 15 ounces every 15 minutes until the entire volume is consumed.

PEG-ELS and Vitamin C (MoviPrep®)

1. Fill prescription at the pharmacy.
2. Add 1 pouch "A" and 1 pouch "B" to the kit's 1 liter container.
3. Add water **or** Gatorade **or** other sports drink (1 liter) to top line of the container and refrigerate. **Nothing red, orange, or purple.**
4. Repeat steps 2 and 3 for the second container.
5. Drink first container at 5 pm the night prior – 8 ounces every 15 minutes – along with 500 cc (16 ounces) of any clear liquid.
6. Drink second container at 7:30 pm – 8 ounces every 15 minutes - along with 500 cc (16 ounces) of any clear liquid.

Morning (AM) Only Prep – Day of Colonoscopy

REVIEW INSTRUCTIONS 2 DAYS BEFORE PROCEDURE

Important: Drink at least 4 liters of fluids over the entire day the day before your colonoscopy. Following the colonoscopy, drink at least 2 liters (64 ounces) after leaving Jefferson. Sugar-electrolyte solutions, such as Gatorade®, are best.

_____ **MoviPrep® (PEG and Vitamin C):**

1. Fill prescription at the pharmacy.
2. Follow these instructions only, and not those included in the kit.
3. Add 1 pouch “A” and 1 pouch “B” to the container included in the kit.
4. Add lukewarm water to top line of the container, gently shake until dissolved, and refrigerate.
5. Drink first container **7 hours** before colonoscopy – 250cc (8 ounces) every 15 minutes – along with 500cc (16 ounces) of any clear liquid.
5. Repeat steps **2** and **3** to refill the container, gently shake until dissolved, and refrigerate.
6. Drink second container **4 hours** before colonoscopy – 250cc (8 ounces) every 15 minutes – along with 500cc (16 ounces) of any clear liquid.
7. Nothing to drink for 2 and ½ hours before the colonoscopy except medicines with sips of water.

Low Fiber and Low Residue Diet

INSTRUCTIONS: You are allowed to eat a low-fiber, low-residue breakfast the DAY BEFORE your colonoscopy. Choose only those low-fiber and low-residue foods listed in the middle column. Breakfast must be finished by 10 AM the day before your colonoscopy.

Type of Food	OK to Eat	Do NOT Eat
<i>Beverages</i>	Coffee, tea, carbonated beverages, strained fruit drinks, limit milk to 2 cups per day or omit if lactose intolerant, soy milk	Any drink containing fruit or vegetable pulp (e.g. home-style orange juice), coconut milk
<i>Breads/Grains</i>	Refined/white breads, rolls, biscuits, muffins, crackers, pancakes, and waffles made with white flour, plain pastries-croissants, plain bagels and donuts, English muffins	Any breads/muffins/pastries/bagels made with whole grain flour, bran, seeds, nuts, coconut, or raw or dried fruits, popcorn
<i>Cereals</i>	Refined cooked cereals including grits, cream of rice, farina, refined cereals including puffed rice, Special K, Rice Krispies, corn flakes, fruit loops	Oatmeal, cream of wheat, any whole grain, bran, or granola cereal, any containing seeds, nuts, coconut, or dried fruit including Cheerios, Raisin Bran, All-Bran, Fiber One
<i>Desserts and Sweets</i>	Plain cakes and cookies, sherbet, fruit ice, gelatin	Any made with whole grain flour, bran, seeds, nuts, coconut, or dried fruit (e.g. raisins), ice cream
<i>Fats</i>	Margarine, butter, salad oils/dressings, plain gravy, mayonnaise, plain cream cheese	Any containing whole grain flour, bran, seeds, nuts, coconut, or dried fruit including peanut oil
<i>Potatoes and Potato Substitutes</i>	Cooked white and sweet potatoes without skin, hash browns, tater tots, white rice, refined pasta	All others

Low Fiber and Low Residue Diet (cont.)

Type of Food	OK to Eat	Do NOT Eat
<i>Meats</i>	Ground or well cooked, lean tender beef, ham, pork, poultry, fish, eggs, cheese (if tolerated), smooth peanut butter	Fried meat/chicken, tough/rubbery meats, shellfish, sausage, fatty bacon, any made with whole grain ingredients, seeds, or nuts, dried peas, lentils, legumes, chunky peanut butter
<i>Vegetables/Fruits</i>	Most well cooked and canned vegetables without seeds, bananas, applesauce, canned fruit, seedless jelly	Sauerkraut, winter squash, and peas, most raw vegetables and vegetables with seeds, fresh fruits (apples, oranges, berries, grapes, pineapple, etc), raisins
<i>Spices</i>	Salt, pepper, sugar, spices, herbs, vinegar, catsup, mustard	Hot/Cajun Spices, hot sauce, nuts, seeds, coconut

Tips:

- Eat well cooked vegetables, and canned, cooked, or very ripe fruits.
- Replace whole grain bread and cereal products with refined products such as white bread or products made with white flour.
- NO legumes (peas or beans), seeds (including poppy or sesame seeds), and nuts (walnuts, peanuts, almonds, pecans, etc).
- Milk and products containing milk (cheese, yogurt, etc.) should be limited to 2 cups or less; don't eat at all if lactose intolerant.

Sources:

- **Manual of Clinical Dietetics**
4th Edition 1992, The American Dietetic Association
- **The American Academy of Pediatrics**
<http://www.bcm.tmc.edu/cnrc/sorbitol.htm>