

Getting Ready for Your Colonoscopy (2-Day Prep Using PEG Solution Split-Dose and Magnesium Citrate)

Read this entire document at least 1 week before your test. Let's review how to get ready for your colonoscopy using a 2-day prep with PEG solution split-dose and magnesium citrate. We've provided a **Prep Checklist** on the last page to help you plan your prep.

1 Week Before Test

Arrange Transportation

Due to the sedation medicines, you must have a responsible adult drive you home. It is recommended that you are observed for at least 6 hours after discharge.

Health Changes

Please tell us about any major health changes, illnesses, or recent hospital stays you have had since you scheduled your test.

Blood Thinners and Diabetes Medicines

You must call the doctor who prescribes this medicine to see if you need to stop or adjust your medicine before your test. Your doctor will tell you how to safely do this.

Iron, Multivitamins with Iron and Fish Oil

Stop taking these 5 days before your test. (You do not need to contact your doctor first).

The UW Digestive Health Center suggests using the schedule below to adjust your blood thinning medicines before your GI procedure. The list below has common blood thinning medicines. It does not include **all** blood thinning medicines.

Name of Medicine	When to Stop
Prasugrel (Effient)	5—7 days
Warfarin (Coumadin)	5 – 7 days
Clopidogrel (Plavix)	5 – 7 days
Ticagrelor (Brilinta)	5 days
Dabigatran (Pradaxa)	1 – 2 days
Cilostazol (Pletal)	1 – 2 days
Rivaroxaban (Xarelto)	1 day
Apixaban (Eliquis)	1 day
Edoxaban (Savaysa)	1 day

If your prescribing provider tells you to **not** hold your medicine, please call the Digestive Health Center at **608-890-5010**, as this may affect your procedure.

Constipation

You may need extra prep if you are often constipated or if you have had problems prepping before. Please call to talk about this in more detail.

3 Days Before Test

Low Fiber Diet

Stop the following foods and medicines. These foods may slow your digestion, and your colon may not be clean enough for your test:

- Corn, popcorn, seeds or nuts. Uncooked vegetables, beans and lentils, potato skins.
- Fruits with skins or seeds.
- Whole grain breads, granola or high fiber cereals.
- Fiber supplements (like Metamucil[®], Citrucel[®], or Benefiber[®]).
- Anti-diarrhea medicines (like Kaopectate[®], Lomotil[®], Pepto-Bismol[®] and Imodium[®] or loperamide).

Bowel Prep Tip

For a list of safe foods visit: patient.uwhealth.org/healthfacts/381

Pick up Bowel Prep

Your bowel prep will be ordered about two weeks before your test. Three days before your test:

1. Call the pharmacy to tell them you will be picking up your bowel prep.
2. Pick up your bowel prep. **Do not mix** the prep until the day before the test.
3. Also pick up the 10 oz. bottle of magnesium citrate, this is bought over the counter.
4. Buy soft toilet paper.

2 Days Before Test

Diet

You can eat and drink like normal until 12 pm, noon. After noon, do not eat or drink any solid food or dairy products.

Clear Liquid Diet

- Water, clear sports drinks like Gatorade[®]
- Broth
- Black coffee, tea, soda
- Apple juice
- Jell-O[®]
- **No** creamers, milks or other dairy products
- **No** red or purple liquids or Jell-O
- **No** solid food

Medicines

Take your daily medicine, **except** those you were told to stop. Take your medicines at least one hour before or one hour after drinking your prep.

Begin Bowel Prep

Between 3 pm-5 pm, drink a full bottle of **magnesium citrate**. This may give you loose stools and mild cramping. It could take from 30 minutes to 8 hours to start working.

1 Day Before Test

Mix the Prep

This part of the bowel prep is done in 2 steps called “split dosing.”

- In the morning, mix the PEG solution by adding lukewarm water to the fill line.
- Cap the bottle tightly and shake to dissolve.

Diet

Continue **clear liquid diet**. **No** solid food.

Medicines

Take your daily medicine, except those you were told to stop. Take your medicines at least one hour before or one hour after drinking your prep.

Bowel Prep

- Start drinking your prep at the time listed on your **Prep Checklist**.
- Follow the directions on the checklist. **Do not** follow the directions on the jug. Once you have finished the amount of prep listed on your checklist based on arrival time, put the rest of the prep in the fridge.
- Stay near a bathroom. You will have loose, then liquid stools. This is normal.

Bowel Prep Tip

Add yellow Crystal Light® lemonade to each glass improve taste

Nausea

You may have cramping, bloating and/or nausea. If you have a lot of nausea or vomiting, slow down or stop for 30 minutes, then start again.

Test Day

Diet

- **No food**
- Stay on only clear liquids (**no** red or purple)
- Stop drinking everything, even water, **4 hours before** you arrive.

Medicines

If you need to take medicine during the 4 hours before your test, drink no more than 1/2 cup of water (4 ounces). Follow your provider's directions for your diabetes or blood thinning medicines.

Bowel Prep

- Start drinking the rest of the prep 6 hours before you arrive for your test. This may be in the middle of the night.
- Drink 1 cup (8oz) every 10-20 minutes.

As you finish the prep, your stools should be watery clear or yellow, with no solids (flecks of stool are OK). If you are still passing solid or brown stools, please call the procedure center.

What to Bring

- CPAP or BiPAP and any inhalers that you use
- Eyeglass or contact lens case, denture cup
- Ostomy supplies
- Wear comfortable clothing
- Phone number for your driver

Do **not** bring:

- Jewelry
- Money
- Other valuables

Before the Test

- When you arrive, you can choose if your driver waits in the waiting room or in your private room where they will hear private health information.
- The doctor will talk with you, answer questions, and ask you to sign a consent form.
- A nurse will review your health history, take your vital signs and attach a heart monitor.
- A nurse will place an IV and give you medicines to help you relax and keep you comfortable.
- Your visit will take about 2-3 hours.

After the Test

- Your doctor will review the results and give you a report. We strongly suggest that you have your driver in the room with you to hear the results.
- You may feel tired when you leave.
- Spend the day resting at home. You cannot drive or return to work. You can return to your normal routine the next day.
- It may take up to a week for your bowel habits to return to your normal.

Results

If you have biopsies taken or polyps removed, you can expect to get lab results 1-2 weeks later. Your results will be sent to your MyChart account. If you don't have a MyChart account, someone will call you with results or results will be mailed to you.

Bowel Prep Tip

To learn more about colon polyps visit: patient.uwhealth.org/healthfacts/7917

When to Call

- If you are unable to keep your appointment, let us know 5 days before.
- Any questions about your bowel prep
- If you are having bad stomach pain, or dizziness
- If you don't have a bowel movement

Who to Call

Patient Resources

(If you need help finding a ride to and from your test)

608-821-4144

Digestive Health Center

(608) 890-5010

UW Hospital GI Procedure Clinic

(608) 263-8094

See website to find out more such as, prep video, diet tips, and prep worksheet.

www.uwhealth.org/digestivehealth

If you are a patient receiving care at UnityPoint – Meriter, Swedish American or a health system outside of UW Health, please use the phone numbers provided in your discharge instructions for any questions or concerns.

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 9/2022 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing HF#7058.

Prep Checklist

1 Week Before Test

- ☐ Find safe transportation for the day of your test
- ☐ Talk to your primary doctor about your diabetes and/or blood thinning medicines
- ☐ Call if you are constipated, had trouble prepping in the past or if you've had any major health changes since you scheduled your test
- ☐ Stop iron supplements, vitamins with iron and fish oil **5 days** before your test

3 Days Before Test

- ☐ Start a low fiber diet
- ☐ Call pharmacy to pick up bowel prep

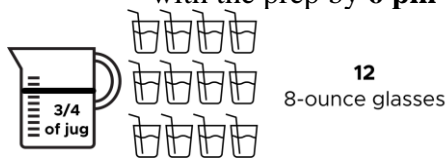
2 Days Before Test

- ☐ **At 12 pm (noon)** stop eating solid food and begin clear liquid diet
- ☐ **At 3 pm** start drinking magnesium citrate. You should finish drinking the entire bottle by **5 pm**.

1 Day Before Test

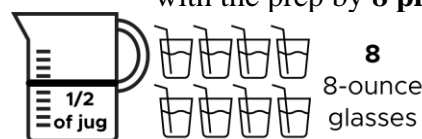
If your test is **before** 11:00 am:

- ☐ In the morning, mix the PEG solution:
 - Add lukewarm water to the fill line.
 - Cap the bottle tightly and shake to dissolve.
- ☐ Take daily medicines (except those you were told to stop) at least 1 hour before or 1 hour after drinking prep
- ☐ **At 4 pm** start drinking prep
 - Drink 1 cup (8 oz) every 10-20 minutes until you've finished **3/4** the jug (about 12 cups)
 - You should be done with the prep by **6 pm**



If your test is **after** 11:00 am:

- ☐ In the morning, mix the PEG solution:
 - Add lukewarm water to the fill line.
 - Cap the bottle tightly and shake to dissolve.
- ☐ Take daily medicines (except those you were told to stop) at least 1 hour before or 1 hour after drinking prep
- ☐ **At 6 pm** start drinking prep
 - Drink 1 cup (8 oz) every 10-20 minutes until you've finished **1/2** the jug (about 8 cups)
 - You should be done with the prep by **8 pm**



Day of Test

- ☐ **6 hours before test** start drinking the rest of your prep.
 - Drink 1 cup every 10-20 minutes until you finish the prep.
- ☐ **4 hours before arrival** stop all liquids (even water)
- ☐ Call if you are still passing solid or brown stools or your bowels have not started to empty