

## Modified Bowel Prep

This handout will tell you how to prepare for your procedure. **Please read at least 1 week before your procedure.**

Do not use this prep if you have kidney or heart failure. Please call us if you have these problems.

A few days before your bowel prep, go to your local drugstore and buy (circle number needed):

- 1 bottle magnesium citrate/10 oz
- 1 or 2 sodium phosphate enemas

### 1 Week Before Procedure

- Arrange for an adult to drive you home. You will not be able to drive or return to work after your procedure.
- You may take a cab or bus only if you have an adult who can go with you.
- If you need help finding a ride, contact Patient Resources at **608-821-4144**.

### Health Changes

Tell us about any major health changes, illnesses, or recent hospital stays.

### Blood Thinning Medicine

You may need to stop or adjust your blood thinning medicine. Call the doctor who prescribes the medicine to discuss this or we may have to reschedule your visit.

### Diabetic Medicines

You may need to stop or adjust your diabetes medicine and/or blood sugar testing while you prep. You must call the doctor who prescribes the medicine to discuss this or we may need to reschedule your visit.

### Iron and Multivitamins with Iron

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

### 1 Day Before Procedure

#### Diet

You can eat a normal meal for lunch. Avoid greasy foods and red meat. **Stop all solid foods by 1200, noon.** After that, start a clear liquid diet.

#### Clear Liquid Diet

- **No** creamers, milks or dairy products
- **No** red or purple liquid
- **No** solid food
- Drink at least 8 glasses of clear liquids all day

Clear liquids include:

- Water, clear sports drinks like Gatorade<sup>®</sup>
- Broth
- Black coffee, tea, soda
- Apple juice
- Jell-O<sup>®</sup>

#### Liquids for Diabetics

Get “collagen peptides” and add to Powerade, Crystal Light, Gatorade or Jello. This can be found in Health Food stores, Food Co-ops, and online.

#### Bowel Prep

- ☐ At **2:00 pm** drink 1 bottle of magnesium citrate. It is best to drink it chilled. It may give you loose stools and some cramping. It could take from 30 minutes – 8 hours to work. You may have frequent bowel

movements for several hours after drinking it.

## Day of the Procedure

### Bowel Prep

- 1 ½ hours before you leave home, give yourself the first enema. Give yourself the second enema ½ hour later. Shower.
- 1 hour before you leave home, give yourself one enema. Shower.

### Diet

You may drink clear liquids until **4 hours before** you arrive. No red or purple liquids.

No solid food, milk or other dairy products until after the procedure is done.

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, call us at **(608) 890-5010**.

### What to Bring

- CPAP or BiPAP and any inhalers that you use
- Eyeglass or contact lens case, denture cup
- Ostomy supplies
- Wear comfortable clothing
- Do not bring valuables, money, or jewelry

### What to Expect

- Your visit will last about 2 -3 hours, from the time you check in until the time you can leave.
- It is up to you if your driver stays in our waiting room or in your private prep and recovery room where

private medical information will be discussed.

- Before the procedure, the doctor will talk with you, answer questions, and ask you to sign a consent form.
- A nurse will place an IV.
- You will get medicines to help you relax and keep you comfortable.
- After your procedure, your doctor will talk with you about the results and give you a report. We strongly suggest that you have your driver wait in your private room to hear the results with you.
- You will feel sleepy when you leave.
- Plan to spend the day resting at home. You cannot drive or return to work due to the sedation medicines. Most patients can return to their normal routine the next day.
- If you have biopsies taken or polyps removed, you will get lab results 1-2 weeks after your procedure, either by phone or by mail.
- It may take up to a week for your bowel habits to return to normal.

If you have also had a **rectal dilation** you may notice a small amount of rectal bleeding. This is normal. If you are still bleeding after 48 hours, contact your doctor.

### Who to Call

Digestive Health Center  
**(608) 890-5010**

UW Hospital GI Procedure Clinic  
**(608) 263-8094**

Meriter/Unity Point  
**(608) 417-6389**

Surgery Clinic – 1 S Park, Madison  
**Dr. Ray King (608) 287-2100**

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 © 8/2020 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#7608.