




YOUR BOWEL PREP IS VERY IMPORTANT! PLEASE FOLLOW THESE INSTRUCTIONS CAREFULLY.

- Cascade Endoscopy Center: 1007 Harlow Rd, Ste 110 Springfield, OR 97477; 541-726-8882 cascadeendocenter.com
- Mckenzie Willamette Hospital: 1460 G St, Springfield, OR 97477

Prep: Nulytely, Gavilyte, GoLytely, PEG-3350- **Double Kit Prep**

<p>7-10 Days Before Your Appt</p> 	<ul style="list-style-type: none"> □ Purchase the following: <ul style="list-style-type: none"> ❖ Nulytely bowel prep kit from pharmacy, Rx sent by clinic. Issues/Concerns? Call: 541-228-3330. *Prep cost should be less than \$70, CALL if over. ❖ Please read the full and clear liquid diets to prepare for the process. ❖ If your weight is 175 or greater, PURCHASE One-238g bottle of MiraLAX over the counter, take 1 capful, 1-2x per day for the 5 days <u>prior</u> to your bowel prep. □ Plan for a driver to take you home: You cannot drive after your procedure until the following day due to the sedation/anesthesia. No taxis/Ubbers. □ STOP eating: ALL seeds, nuts, or whole grains. Please avoid oil-based vitamins (A, D, E, K, or fish oil). These could impact the quality of your bowel prep. □ STOP all NSAIDS for the 2 days prior to procedure: Aspirin, Advil, Aleve, etc. Tylenol is ok. □ If you are diabetic or on a blood thinning medication, please refer to those handouts. Contact us if needed or for questions.
<p>2 Days Prior to Colonoscopy</p> 	<p>FOLLOW THESE INSTRUCTIONS, NOT WHAT IS ON THE KIT</p> <ul style="list-style-type: none"> □ FULL LIQUID DIET all day, beginning when you wake up. □ @ 3pm: Mix entire prep container with water to fill line, creating 4L of solution (All patients will complete 3-4L of prep in total). *Keeping this chilled has been found to help with taste. ❖ Drink 2L over 2 hours to avoid nausea/vomiting. ❖ Drink an additional 16oz of clear fluids over the next 1 hour, following prep step.
<p>1 Day Before Your Appt, Prep Day #1</p> 	<ul style="list-style-type: none"> □ Clear liquid diet ONLY (starts as soon as you wake up today). □ At 12pm: <ul style="list-style-type: none"> ❖ Drink remaining 2L over 2 hours to avoid nausea/vomiting. ❖ Drink an additional 16oz of clear fluids over the next 1 hour, following prep step. ❖ If you experience nausea and/or vomiting, take a break for 15-30min, then continue drinking prep & liquids. If it continues call 541-228-3330. □ At 6PM: Mix 2nd container of prep and drink another 1L of the prep mix, slowly over a minimum of 1 hour. □ At 8PM: If you are still having formed or liquid brown bowel movements, continue to drink your clear fluids. For urgent needs call 541-228-3330.
<p>Procedure Day, Prep Day #2</p>	<ul style="list-style-type: none"> □ Continue ONLY clear liquid diet from the time you wake up. Please take your regular medications, especially those for BLOOD PRESSURE- take 2 hours before OR 2 hours after your morning prep dose. □ 5 HOURS PRIOR TO PROCEDURE TIME: <ul style="list-style-type: none"> ❖ Drink 2L of prep solution, slowing over a minimum of 1 hour to avoid nausea/vomiting. ❖ Drink an additional 16oz of clear fluids over the next 1 hour, following prep step. ❖ Your bowel movements should be: liquid & clear/yellow, like urine- if not please call 541-228-3330 or 541-726-8882 ASAP for further instructions. □ 3 HOURS PRIOR TO PROCEDURE TIME: <ul style="list-style-type: none"> ❖ NO DRINKING/NOTHING by mouth- this includes water, gum, mints, cigarettes, marijuana, chewing tobacco. □ Bring insurance card & photo ID for check in. You MUST have a driver.

2 Day Prep: Full Liquid and Clear Liquid Diet Handout

FULL LIQUID DIET (2 DAYS PRIOR TO PROCEDURE):

A full liquid diet is made up of only foods that are normally liquid and foods that turn into liquid at room temperature.

Examples of items you may have on a FULL liquid diet:

- Water
- Fruit juices, including nectars and juices with pulp
- Butter, margarine, oil, cream, custard, and pudding
- Plain ice cream, frozen yogurt, and sherbet
- Fruit ices and popsicles
- Sugar, honey, and syrups
- Soup broth (bouillon, consommé, and strained cream soups, but no solids)
- Sodas, such as ginger ale and Sprite
- Gelatin (such as Jell-O)
- Boost, Ensure, Resource, and other liquid supplements
- Tea or coffee with cream or milk and sugar or honey

****Please remember to include liquids with calories, sugar, and electrolytes as you are not eating regular food, even if you are diabetic. Please do not only drink plain water, this can lead to dehydration and electrolyte imbalance. *Please utilize the diabetic management handout if this applies to you.**

AVOID/NO: RED or PURPLE DYES/COLORING, BONE BROTH, ALCOHOL DURING ALL FULL/LIQUID DIET DAYS.

CLEAR LIQUID DIET (BEGINS DAY PRIOR TO PROCEDURE):

What are considered clear liquids? Clear liquids are those which you can see through- **NO SOLIDS, NO PULPS, and NO DAIRY**. These liquids are easily digested and leave no undigested residue in your bowels.

You will need to take in a lot of fluids during the bowel preparation process. It can be helpful to have several different options on hand. Ensuring you are keeping up on clear fluids can help reduce feeling too hungry.

Clear High protein options are important as well, examples are: Broths and clear protein drinks

Although not “clear” - Black coffee, teas, and even drinks like Pepsi/Coke are considered clear liquids.

Examples of items you may have on a clear liquid diet:

- Vegetable, chicken, and or beef bouillon/broth, NO bone broth
- Jello-O/gelatin
- Gummy Bears, Hard candies, lollipops
- Clear juices, no pulp
- Coffee/Tea- no cream or milk
- Water- including sparkling/flavored
- Coconut Water- no pulp
- CLEAR protein drinks
- Gatorade, Powerade, sports drinks
- Soft drinks
- Crystal light
- Popsicles, ice pops- no sherbert, no pureed fruit, no pulp

You MUST STOP all fluids/anything by mouth for the 3 hours prior to your scheduled procedure time (this includes: gum, mints, cigarettes, chewing tobacco, etc). **Not following this may result in procedure delay or cancellation.**

Please note, this is not an all-inclusive list- Please call us if you have specific questions/concerns.