

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: Fleet Enema

<p style="text-align: center;">7-10 Days Before Your Appt</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Purchase the following: <ul style="list-style-type: none"> ❖ 2- Fleet Enemas over the counter ❖ Read clear liquid handout (this will not begin until the day prior to your appt) ❖ 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 starting your bowel prep. <input type="checkbox"/> 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/Ubers. <input type="checkbox"/> STOP eating: ALL seeds, nuts, or whole grains. Fruits and vegetables can be ok, if seeds are removed. Please avoid oil-based vitamins (A, D, E, K, or fish oil). These could impact the quality of your bowel prep. <input type="checkbox"/> STOP all NSAIDS for the 2 days prior to procedure: Aspirin, Advil, Aleve, etc. Tylenol is ok. <input type="checkbox"/> If you are diabetic or on a blood thinning medication, please refer to those handouts. Contact us if needed or for questions.
<p style="text-align: center;">1 Day Before Your Appt, Prep Day #1</p>	<p style="background-color: yellow;">FOLLOW THESE INSTRUCTIONS, NOT WHAT IS ON THE KIT</p> <ul style="list-style-type: none"> <input type="checkbox"/> At 5PM: Clear liquid diet ONLY <input type="checkbox"/> Continue drinking clear liquids throughout the evening to stay hydrated.
<p style="text-align: center;">Procedure Day, Prep Day #2</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Continue ONLY clear liquid diet from the time you wake up. Please take your regular medications, especially those for BLOOD PRESSURE. <input type="checkbox"/> 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. <input type="checkbox"/> 2 HOURS PRIOR TO PROCEDURE TIME: <ul style="list-style-type: none"> ❖ Open and use 1 enema per box instructions. <input type="checkbox"/> 1 HOUR PRIOR TO PROCEDURE TIME: <ul style="list-style-type: none"> ❖ Open and use 1 enema per box instructions. ❖ Bring insurance card & photo ID for check in. You MUST have a driver to take you home.

Clear Liquid Diet Information

What items 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.

AVOID/NO: RED or PURPLE DYES/COLORING, BONE BROTH, ALCOHOL

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 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.

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
- Gatorade, Powerade, other sports drinks
- Clear juices, no pulp
- Coffee/Tea- no cream or milk
- Water- including sparkling/flavored
- Coconut Water- no pulp
- CLEAR protein drinks (Ensure, etc)
- Soft drinks
- Crystal light
- Popsicles, ice pops- no sherbert, no pureed fruit, no pulp
- Hard candies, lollipops

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