



## Extended Colonoscopy Prep Use During Pharmaceutical Shortage

### 7 Days Before the Procedure

#### PICK UP YOUR PREP

Pick up your prescriptions and/or over the counter products for your prep. If a prescription for prep was electronically sent, follow the directions provided with the prescription.

Purchase the following colonoscopy prep supplies:

- 1 Gallon Golytely or Colyte or Nulytely
- 1 64 ounces of Gatorade: Regular Gatorade, Gatorade G2, Powerade, or Powerade Zero are acceptable. It is okay to buy two 2.12-ounce packets of powdered Gatorade that can be mixed with water to a total volume of **64 ounces** of liquid. (No red- or purple-colored flavors).
- 1 8.3 Ounces of Miralax
- 4 Bisacodyl tablets (Dulcolax laxative NOT Dulcolax stool soften)

Zofran for anti-nausea

Read the section of the document called MEDICATIONS TO STOP regarding blood thinning agents.

**If you must cancel or reschedule your appointment,** please call our office before 3:00 PM three (3) business days prior to your procedure to avoid cancellation fees.

**Transportation:** You must arrange for a ride for the day of your procedure with a responsible adult. If you fail to do so, your procedure will be cancelled and rescheduled.

### 5 Days Before the Procedure

#### MEDICATIONS TO STOP

If you take **any blood thinners** – you **MUST** Contact the prescribing physician regarding instructions for stopping these medications before your procedure.

Stop taking the following:

- Plavix (Clopidogrel)
- Coumadin/Warfarin

#### Patient with Diabetes

If you have diabetes, ask your regular doctor at least five days before the procedure for diet and medication restrictions to prescribed colonoscopy prep.

YOUR PROCEDURE MAY BE CANCELED if you do not do so.

## 3 Days Before the Procedure

### START A LOW FIBER DIET

A low fiber diet helps make the colon cleansing more effective. Refer to the Diet Recommendations appendix for full suggestions on what to eat.

- Examples of a low fiber diet include (but are not limited to); white bread, white rice, pasta, crackers, fish, chicken, eggs, ground beef, creamy peanut butter, cooked/steamed/boiled vegetables, canned fruit, bananas, melons, milk, plain yogurt, cheese, salad dressing or other condiments.
- The following are **not allowed** on a low fiber diet: seeds, nuts, popcorn, bran, whole wheat, corn, quinoa, raw fruits, and vegetables, berries and dried fruit, beans, and lentils.

For additional details on following a low fiber diet, please see [www.colonrectal.org](http://www.colonrectal.org)

## 2 Days Before the Procedure

- **In the morning:** begin clear liquid diet (clear liquids include things you can see through).
  - Examples of clear liquids include water, tea (no milk or non-dairy creamer), clear broth or bouillon, Gatorade, Powerade, non-cola carbonated and non-carbonated soft drinks (Sprite, 7-Up, Ginger ale), strained fruit juices without pulp (apple, white grape, white cranberry), Jell-O, and popsicles.
  - The following are **NOT** allowed on a clear liquid diet: applesauce, oatmeal, mashed potatoes, juice with pulp, chewing gum and chewing tobacco.
- **At noon:** take 4 tablets of Bisacodyl
- **At 4:00 PM:**
  - Prepare the Miralax/Gatorade solution: in a pitcher mix the 8.3 ounces of Miralax with the 64 ounces of Gatorade. Stir/shake the contents until it is dissolved. Drink all of the Miralax/Gatorade mixture. Drink one 8-ounce glass every 10 minutes.

## MEDICATIONS TO STOP

If you take blood thinning medication (like the list below) and have not spoken to your prescribing physician about stopping them, your procedure may be cancelled. Please contact your prescribing physician as soon as possible.

Stop taking the following:

- Arixtra®/Fondaparinux
- Eliquis®/Apixaban
- Savaysa®/Edoxaban
- Xarelto®/Rivaroxaban

## 1 Day Before the Procedure

Continue clear liquid diet. Mix Golytely, Colyte, or Nulytely as instructed on the package and refrigerate.

- At 4:00 PM:
  - Drink one (1) gallon of Golytely or Colyte or Nulytely. Drink one 8-ounce glass every 10 minutes till gone.

## Day of/Evening Prior to the Procedure

Only drink clear liquids until three (3) hours prior to your procedure. At three hours prior to your procedure:

- STOP drinking all liquids
- Do not take anything by mouth during this time
- Allow extra time to travel to your procedure as you may need to stop and use a bathroom along the way.

## TIPS:

Drink adequate amounts of fluid before and after your Golytely or Colyte or Nulytely preparation to prevent dehydration.

Stay near a bathroom because you will have diarrhea and may need to use the toilet frequently.

Even if you are sitting on the toilet, continue drinking the Golytely or Colyte or Nulytely preparation. Apply A&D ointment or Vaseline to the anus to prevent irritation if needed.

## Reschedule, Cancel or Have Questions

If you need to reschedule, cancel, or have questions about your procedure please contact us during the office hours of Monday – Friday 8:30 AM – 5:00 PM.

### **BURNSVILLE CLINIC | 651-312-1700**

14101 Fairview Drive, Suite 280, Burnsville MN, 55337

### **COON RAPIDS CLINIC | 651-312-1717**

11850 Blackfoot Street N.W., 270, Coon Rapids MN, 55433

### **EDINA CLINIC | 651-312-1700**

6565 France Avenue South, Suite 375, Edina MN, 55435

### **MAPLEWOOD CLINIC | 651-312-1620**

2945 Hazelwood Street, Maplewood MN, 55109

### **MINNEAPOLIS CLINIC | 651-225-7855**

2800 Chicago Avenue South, Suite 300, Minneapolis MN, 55407

### **PELVIC FLOOR CENTER | 651-225-7800**

2800 Chicago Avenue South, Suite 300, Minneapolis MN, 55407

### **ST. PAUL CLINIC | 651-312-1620**

1983 Sloan Place, Suite 11, St. Paul MN, 55117

## After Hours Support

If you have an urgent need that is unable to wait for assistance during our office hours, please call 952-995-8760 for the “on call” physician to assist you.

## Low Fiber Diet

| Foods to Eat   | Foods to Avoid  |
|--|---|
| <p><b>Bread, cereals, and grains</b></p> <ul style="list-style-type: none"> <li>• Cereals without whole grains, added fiber, seeds, raisins or other dried fruit</li> <li>• Crackers, zwieback, melba, and matzoh (no cracked wheat or whole grains)</li> <li>• Plain pasta or noodles</li> <li>• Pretzels</li> <li>• White breads, waffles, French toast, plain white rolls, or white bread toast</li> <li>• White flour for baking or making sauces</li> <li>• White rice</li> </ul> | <p><b>Bread, cereals, and grains</b></p> <ul style="list-style-type: none"> <li>• Bran</li> <li>• Brown or wild rice</li> <li>• Coconut</li> <li>• Graham crackers</li> <li>• Granola</li> <li>• Kasha (buckwheat)</li> <li>• Nuts or seeds</li> <li>• Wheat germ</li> <li>• Whole grains, cracked grains, or whole wheat products</li> </ul> |
| <p><b>Vegetables:</b></p> <ul style="list-style-type: none"> <li>• Strained vegetable juices without pulp or spices</li> <li>• Tender, well-cooked fresh or canned vegetables without seeds, stems or skins: carrots, green or wax beans, spinach, lima beans, pumpkin, asparagus tips</li> </ul>  | <p><b>Vegetables:</b></p> <ul style="list-style-type: none"> <li>• Raw or steamed vegetables</li> <li>• Vegetables with seeds</li> <li>• Sauerkraut</li> <li>• Winter squash, peas, broccoli, Brussel sprouts, cabbage, onions, cauliflower, peas, and corn</li> </ul>  |
| <p><b>Fruits and desserts</b></p> <ul style="list-style-type: none"> <li>• Canned fruit without seeds or skins (not pineapple)</li> <li>• Melons, except watermelon</li> <li>• Ripe bananas</li> <li>• Sherbet and popsicles</li> <li>• Strained or clear juices</li> </ul>  | <p><b>Fruits and desserts</b></p> <ul style="list-style-type: none"> <li>• All berries, figs, dates, and raisins</li> <li>• Prune juice and prunes</li> <li>• Raw or dried fruit</li> </ul>   |
| <p><b>Milk/Dairy</b></p> <ul style="list-style-type: none"> <li>• Cheese, including cottage cheese</li> <li>• Cream sauces, soups, and casseroles</li> <li>• Custard or pudding</li> <li>• Ice cream or frozen desserts (without nuts)</li> <li>• Milk, plain or flavored</li> <li>• Sour cream</li> <li>• Yogurt without seeds or granola</li> </ul>  | <p><b>Milk/Dairy</b></p> <ul style="list-style-type: none"> <li>• Yogurt with seeds, berries or nuts</li> </ul>   |
| <p><b>Meat and other Proteins</b></p> <ul style="list-style-type: none"> <li>• Peanut butter without nuts</li> <li>• Eggs</li> <li>• Ground, well-cooked tender beef, lamb, ham, veal, pork, fish, poultry, and organ meats</li> </ul>   | <p><b>Meat and other proteins</b></p> <ul style="list-style-type: none"> <li>• All beans, nuts, peas, lentils, and legumes</li> <li>• Processed meats, hot dogs, sausage, cold cuts</li> <li>• Tough, fibrous meats with gristle</li> </ul>   |
| <p><b>Other foods and condiments</b></p> <ul style="list-style-type: none"> <li>• Clear jellies</li> <li>• Hard candy, marshmallows, and plain chocolate</li> <li>• Margarine, butter, cream, and oils</li> <li>• Mayonnaise and mild salad dressings</li> <li>• Plain gravies, bouillon and broth</li> <li>• Sugar, honey, and syrup</li> </ul>   | <p><b>Other foods and condiments</b></p> <ul style="list-style-type: none"> <li>• Marmalade</li> <li>• Pickles, olives, relish, and horseradish</li> <li>• Popcorn</li> <li>• Potato chips</li> </ul>   |