

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 powered 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.

MEDICATIONS TO STOP

If you take the medications listed below you **MUST** stop taking it seven (7) day prior to your procedure. If it is not stopped there is potential for it to cause complications with anesthesia and your procedure may be canceled.

Stop taking the following:

- Phentermine
- GLP-1 agonists
 - Dulaglutide (Trulicity®).
 - Exenatide (Byetta®).
 - Exenatide extended release (Bydureon®).
 - Liraglutide (Victoza®).
 - Lixisenatide (Adlyxin®).
 - Semaglutide injection (Ozempic®) (Wegovy).
 - Semaglutide tablets (Rybelsus®)(Wegovy).

Once weekly injections:

Patients are required to hold their GLP-1 agonist medication for seven days prior to their scheduled surgery.

Daily injections:

Patients are required to hold their GLP-1 agonist medication for one day prior to their scheduled surgery.

YOUR PROCEDURE MAY BE CANCELED, or the availability and type of sedation may change upon arrival for your procedure if you do not do so.

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

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, Colytely, 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, Ste 280, Burnsville MN, 55337

EDINA CLINIC | 651-312-1700

6363 France Avenue S. Ste 400, Edina MN, 55435

PELVIC FLOOR CENTER EDINA | 651-225-7800

6363 France Avenue South, Ste 400, Edina MN, 55435

ST. PAUL CLINIC | 651-312-1620

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

COON RAPIDS CLINIC | 651-312-1717

11850 Blackfoot St. N.W. Ste 270, Coon Rapids MN, 55433

MAPLEWOOD CLINIC | 651-312-1620

2945 Hazelwood St. Ste 340, Maplewood, MN 55109

PELVIC FLOOR CENTER MAPLEWOOD | 651-312-1600

2945 Hazelwood St, Ste 340, Maplewood, MN 55109

CORPORATE OFFICE | 651-312-1500

3433 Broadway St. N.E., Ste 115, Minneapolis, MN 55413

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