



NOLAGASTRO
YOUR GI & LIVER CONSULTANTS

Colonoscopy Prep Instructions

All Patients

ARRIVE WITH A DRIVER to Touro ATC (Ambulatory Treatment Center) at 1401 Foucher St., 3rd floor **AT LEAST ONE HOUR** prior to scheduled procedure. Your driver must check in with you when you come to Touro.

OR

ARRIVE WITH A DRIVER to Alliance Endoscopy at 3717 Houma Blvd., 2nd floor **ONE HOUR** prior to scheduled procedure. Your driver must check in with you when you come to Alliance.

You will be unable to drive/operate machinery or sign important documents for 24 hours after the procedure.

For your safety during the colonoscopy, **please DO NOT use marijuana or illicit substances** for at least 48 hours before your scheduled procedure.

ABOUT THE BOWEL PREPARATION (THE “PREP”)

The concept of a colonoscopy frequently fills patients with dread, but typically the prep is the most unpleasant part of the experience. Getting ready for the procedure takes much longer than the time you'll spend at the medical center the day of your colonoscopy (usually no more than three hours)

Emptying the contents of the colon is the first requirement for a successful colonoscopy. If the bowel prep isn't good, polyps and lesions can be missed; the colonoscopy may take longer (increasing the risk of complications); or the whole process may need to be repeated or rescheduled.

It is important to pick up your prep well before your procedure date and read the instructions as soon as you get them. Pick up some medicated wipes (for example, Tucks or adult wet wipes with aloe and vitamin E) and a skin-soothing product such as Vaseline or Desitin—you're going to be experiencing high-volume, high-velocity diarrhea.

Arrange for the time and privacy you need to complete the prep with as little stress as possible. Clear your schedule, and be at home on time to start your prep. If you have children or aging parents who need attention, have someone else be available to them while you're indisposed.

To make a salty-tasting liquid prep like PEG easier to swallow, try one or more of the following: if the PEG doesn't come flavored, add some Crystal Light or Kool-Aid powder (**NOT RED, BLUE, or PURPLE**); add some ginger or lime; drink it chilled; drink it through a straw placed far back on your tongue; hold your nose and drink it as quickly as possible; quickly suck on a lemon slice after you finish each glass; hold a lemon or lime under your nose while you drink; suck on a hard candy after each glass (**NOT RED, BLUE, or PURPLE**).

Wear loose clothing, and stay near the bathroom. Better yet, once the preparation starts to work, stay in the bathroom—because when the urge hits, it is hard to hold back. Consider setting up shop near the toilet with music, your laptop, magazines, or books.

THERE IS AN ALTERNATIVE TO THE STANDARD BOWEL PREPARATION – SEE COLON LAVAGE

THERE IS A NEW ALTERNATIVE TO THE STANDARD BOWEL PREP

What is Colon Lavage?

A colon lavage, also referred to as colon hydrotherapy or HydroPREP, is a therapeutic wash of the rectum and colon. Lavage comes from an old French word meaning to wash.

Colon Lavage - when used as pre-colonoscopy bowel cleansing - follows a specific protocol. It combines mild laxatives plus a clear liquid 'day before' protocol, followed by the lavage procedure the morning of colonoscopy.

Colon Lavage safely and gently cleanses the large intestine with purified water to safely and effectively wash out the bowel.

The lavage instrumentation is a closed system (from anus to waste management) and uses one-time disposables for each patient.

It is safe for renal patients, and causes no disturbance in electrolytes.

With no prep to drink, you can tolerate the lead up to the colonoscopy better. You will be better rested and more hydrated

Call NOLA Gastro [\(504\) 249-5901](tel:5042495901) and make an appointment now...

FDA-APPROVED BOWEL PREP TYPES

| Name | About | Unsafe For |
|--|--|--|
| <p>PEG-ELS Large Volume - 4 liters - (stand-alone therapy) Brand names: Colyte, Gavilyte, Golytely or Nulytely</p> <p>PEG-ELS-based Small Volume (require an additional therapy to make them effective) Brand name: Moviprep</p> | <p>PEG-ELS solutions work by pushing a large volume of fluid through the bowel to force out waste. They cause no significant electrolyte shifts, so they are considered safer than OSP solutions (see below). The salty taste may be unpalatable, and the large fluid volume can cause nausea, vomiting, bloating or cramping. If this happens, take a 30-minute break, then resume.</p> | |
| <p>Low Volume preparations Brand names: Suprep, Prepopik or Suclear</p> | <p>These products work by drawing water into the gut to promote cleansing. It's as effective as PEG and easier to tolerate, but it can cause dehydration and electrolyte imbalances. YOU MUST drink lots of water.</p> | <p>Patients with cardiac, liver, or kidney disease</p> |

NON-FDA-APPROVED BOWEL PREP TYPES

| Name | About | Unsafe For |
|---|--|--|
| <p>PEG-based products without electrolytes Brand name: Miralax</p> | <p>Miralax 238 grams is combined with 64 ounces of Gatorade (yellow only, please) to produce frequent bowel movements. This method has caused electrolyte disturbances in some patients.</p> | <p>Patients with cardiac, liver, or kidney disease</p> |
| <p>Magnesium citrate & Bisacodyl</p> | <p>Magnesium citrate (300ml x 3) is taken with 2 Bisacodyl tablets. This method has caused electrolyte disturbances in some patients and is NOT AN OPTION for renal patients.</p> | <p>Patients with cardiac, liver, or kidney disease</p> |

NOLA Gastro recommends **Nulytely** (it doesn't have the sulfur component of the other PEG-ELS products and is better tolerated) or **Suprep**. The others above are available IF you choose and you do not have pre-existing conditions which contraindicate their usage, as specified above.

TIMELINE

* ONE WEEK PRIOR

Please stop taking any iron or fiber supplements. Stop eating nuts, seeds, popcorn, or any products that contain these items.

* FIVE DAYS PRIOR

You may continue taking Aspirin 81 mg as usual, but you **MUST STOP ALL OF THE FOLLOWING MEDICATIONS:**

| | | |
|----------------------|---------------------|------------------|
| Advil | Excedrin | Licorice (pills) |
| Aleve | Feldene (piroxicam) | Lodine |
| Alfalfa | Fenoprofen | Meloxicam |
| Alka-Seltzer | Fiber supplements | Midol |
| All herbal medicine | Fiorinal | Mobic |
| Anacin | Fish Oil (Omega 3) | Motrin |
| Anaprox | Flurbiprofen | Multivitamins |
| Ansaid | Garlic pills | Naprosyn |
| Aspirin (325mg only) | Gingko | Naproxen |
| BC Powder | Ginseng | Norgesic |
| Celebrex | Goody's | Percodan |
| Chamomile | Ibuprofen | Salsalate |
| Daypro | Indocin | Soma |
| Diclofenac | Indomethacin | Sulindac |
| Ecotrin | Iron | Talwin |
| Epromate | Kava | Triassic |
| Etodolac | Ketoprofen | Vitamin E |

PLEASE DO NOT STOP YOUR BLOOD PRESSURE OR HEART MEDICATIONS.

If you take **PRESCRIBED BLOOD THINNERS**, you **MUST OBTAIN PERMISSION/CLEARANCE** from your cardiologist, hematologist, or primary care physician first to stop these five days before the scheduled procedure. There may be **RISKS ASSOCIATED WITH STOPPING OR HOLDING THESE MEDICATIONS TEMPORARILY**, and it may be prudent to delay any elective procedures until the blood-thinner therapy has completed its expected duration. **YOU MUST DISCUSS THIS** with our practice NURSE at time of scheduling.

* TWO DAYS PRIOR

AVOID LARGE MEALS. What goes in must come out!

THE REMAINDER OF YOUR TIMELINE VARIES **BASED ON THE SCHEDULED TIME OF YOUR PROCEDURE.** PLEASE READ CAREFULLY!

Patients Scheduled for Procedure Before 1:00PM

*** ONE DAY PRIOR**

Maintain a **CLEAR LIQUIDS DIET. NO SOLID FOOD.** (See diet details below.) Please drink 1-2 glasses of clear liquids every hour throughout the day. **DRINK HALF OF YOUR PREP** tonight, **beginning between 5:00PM and 6:00PM** (one 8-ounce glass **every 10-15 minutes**). Please note that bloating and/or cramping are expected side effects of the prep. If nausea or vomiting happens, take a 30-minute break, then resume.

*** PROCEDURE DAY**

DRINK THE REMAINDER OF YOUR PREP. This must be completed **AT LEAST TWO HOURS PRIOR** to arrival at the hospital. You may have to wake up early to complete the second half. Be sure to have **NOTHING TO EAT OR DRINK AT LEAST TWO HOURS PRIOR** to your procedure.

Patients Scheduled for Procedure At or After 1:00PM

*** ONE DAY PRIOR**

Maintain a **CLEAR LIQUIDS DIET. NO SOLID FOOD.** (See diet details below.) Please drink 1-2 glasses of clear liquids every hour throughout the day.

*** PROCEDURE DAY**

DRINK YOUR PREP IN ITS ENTIRETY (one 8-ounce glass **every 10-15 minutes**) to be completed **AT LEAST TWO HOURS PRIOR** to arrival at the hospital. Please note that bloating and/or cramping are expected side effects of the prep. If nausea or vomiting happens, take a 30-minute break, then resume. You may have to wake up early in order to have the prep completed at the appropriate time. Be sure to have **NOTHING TO EAT OR DRINK AT LEAST TWO HOURS PRIOR** to your procedure.

Diabetic Patients

*** ONE DAY PRIOR**

TAKE ONLY HALF of your diabetic medication dosage, and **MONITOR YOUR BLOOD SUGAR** at least every four hours, or more frequently if you feel that your sugar level is low.

*** PROCEDURE DAY**

DO NOT TAKE your diabetes medication. **CHECK YOUR BLOOD SUGAR LEVEL** when you wake up. If your level is **BELOW 70**, drink 4 ounces of juice, soda, or eat a piece of hard candy. Wait 15 minutes, then **RECHECK YOUR BLOOD SUGAR LEVEL.** If your level isn't going up, you can drink another 4 ounces and contact our office. **BRING YOUR DIABETES MEDICATION** with you to the hospital. Be sure to have **NOTHING TO EAT OR DRINK AT LEAST TWO HOURS PRIOR** to your procedure.

CLEAR LIQUIDS DIET

******It is very important to drink LOTS of these clear liquids to ensure a good preparation for your procedure******

Apple Juice

7-up/Ginger Ale/Clear Sodas

Tea/Coffee **WITHOUT** cream

Low-Sodium Chicken or Beef Broth **WITHOUT** food particles (i.e. noodles, veggies, meat)

White Grape Juice

White Cranberry Juice

Water

Sports Drinks (e.g. Gatorade, Powerade)

Plain Popsicles

NO SOLID, CREAMY OR PULPY PRODUCTS

NO MILK PRODUCTS

NOTHING RED/BLUE/PURPLE

OUT-OF-POCKET PREP COSTS (WALGREENS PHARMACY)

Nulytely \$42.99

Suprep \$137.99

Prepopik \$136.99

Magnesium Citrate \$11.99 (over-the-counter)

Miralax \$8.99 (over-the-counter)

Relistor \$86.99 (for patients who are taking long-term narcotic pain-relief therapy)

YOUR INSURANCE **MAY** COVER MOST OF YOUR PREPARATION COSTS. WE HAVE INCLUDED THE ABOVE FIGURES TO GIVE YOU AN IDEA OF RELATIVE COSTS.

If you wish to read the 20-page document, the science comes from the following ASGE practice guideline:

<http://www.asge.org/assets/0/71542/71544/c6bd73b8-329f-4168-b2d8-f7c17acced12.pdf>

QUESTIONS? 504-249-5901