



David Mortensen, MD Erin Hale, MD General Surgery (712) 388-2660

Patient: _____ Date of Procedure: _____

Hold Blood Thinners, Diabetic & Diet Medications: _____

We respectfully request 72 hours advance notice for all rescheduling and cancellations.

What you need to purchase for your bowel prep:

These are available at any drug, discount or grocery store. **No prescriptions** will be sent in as everything is available over the counter.

- Polyethylene glycol (Miralax) 8.3 oz net wt [or 17.9 oz net wt for 2 day prep]
 - 64 oz sport drink (Gatorade/G2, Powerade) [or 128 oz for 2 day prep]
 - 1 box bisacodyl 5 mg tablets
- [Two day prep amounts listed if you have been instructed to do a two day prep.]

Time	Instructions
	One day before colonoscopy Date: _____
Between 6:00-9:00 AM	You may have any clear liquid and two (2) hard boiled, poached or scrambled eggs (no oil). This is the only solid food you may have.
The remainder of the day	<p>You may have any clear liquid (<u>any</u> flavor or color). Consume approximately one (1) gallon of clear liquids <u>in addition to the bowel prep.</u></p> <p>Examples:</p> <ul style="list-style-type: none"> ● Water, tea, coffee (no dairy or non-dairy creamer) You may use sweetener ● <u>Any</u> soft drink (soda-Coke, root beer, 7-Up, Mt Dew, Kool-Aid, sport drink, etc.) ● <u>Clear</u> fruit juices (cranberry, apple, grape, etc.) ● Popsicles ● Sherbet without fruit pieces ● Gelatin (no fruit or topping) ● Clear broth (no noodles, vegetables etc.) <p><u>Absolutely no dairy products or solid food.</u> To avoid dehydration and to ensure your bowel prep works properly, you must drink plenty of liquids. Having something to sip on continuously throughout the day is a good way to accomplish this. Avoid alcohol.</p>
4:00 PM	Take two (2) bisacodyl tablets by mouth
4:00 PM to 8:00 PM	Drink 64 oz. of sport drink mixed with 14 doses of polyethylene glycol (Miralax)
8:00 PM	Take two (2) bisacodyl tablets by mouth
	Continue to consume clear liquids up until 6 hours before arrival time for colonoscopy

Additional Information:

- The Surgical Access Office (SAC) (402-717-2720) will call you with an arrival time and final instructions 1-2 business days before your procedure.
- Four days before the procedure, please avoid all foods containing seeds (flax, sesame, chia, poppy, etc.), nuts, berries, whole grain bread, pasta, rice (white bread/pasta/rice is fine), granola bars, oatmeal, popcorn, celery or other similar foods.
- If you tend to be constipated or have two (2) or more days between bowel movements, please call our office for additional instructions unless you received previous instructions.
- You will need to stop certain medications several days before the procedure. If you are taking insulin or blood thinners, please talk with your primary care provider for specific instructions. You must hold all diet medication (phentermine, Contrave, etc.) and certain diabetic medications used to treat either diabetes or for weight loss (GLP-1's: Ozempic, Weygovy, Mounjaro, Trulicity, Victoza, Rybelsus, etc.) for at least one (1) week prior to your procedure. All herbal supplements will need to be stopped as well. Please let us know as soon as possible if you need to reschedule.

Helpful Hints:

- Refrigerate sport drink mixture for best test. You may have multiple flavors, just make sure you have 14 doses with 64 oz.
- Make sure you are close to a bathroom after starting the prep as frequent bowel movements will occur 1-2 hours after starting the prep.
- Use moist wipes to cleanse yourself after bowel movements to reduce irritation. You may use zinc oxide ointment (Balmex, Desitin, A&D) if irritation develops.
- By the time you have completed the prep and resulting bowel movements, your stools should be pale yellow/cloudy white without brown fleck or fecal material.

Frequently Asked Questions:

- What if I experience nausea or vomiting when drinking the bowel prep?
 - Stop drinking for 30-45 minutes, then resume.
- What if I drink all the bowel prep and have not had much or any bowel movement?
 - If your stools have not changed to a pale yellow/cloudy white (no brown fleck/fecal material) after consuming the initial bowel prep, contact the office (712-388-2660) or the procedure center for additional instructions (712-328-5264).
- Will I be asleep for the procedure?
 - You will be giving intravenous medication to induce "twilight sleep" or "conscious sedation". You will have decreased awareness of what is occurring and very likely will not remember the procedure itself.
- Why do I need a driver and someone to stay with me for the remainder of the day after the procedure?
 - As you will receive sedation, you are unable to operate a motor vehicle and may have impaired decision making capabilities. You will not be able to drive yourself home or take public transportation without a responsible adult. Please make arrangements before arriving at the hospital.
- How long will I be at the hospital?
 - You will arrive one (1) hour prior to the procedure in order to allow time for check in and for the surgical staff to prepare you for the procedure. The colonoscopy and/or EGD (upper scope) takes approximately 30 minutes to complete. After the procedure, you will be recovered for approximately one (1) hour before being discharged to your family or friend.
- Is there any restriction on what color of clear liquid I can drink?
 - There is no restriction of color. Red, purple and blue are all acceptable. So long as you can hold the liquid up to the light and the light passes through, it is acceptable.
 - Some things that are **not allowed** are: any dairy products, smoothies, orange juice, almond/oat/soy milk, protein drinks/shakes (Boost, Ensure, Premier Protein)
- What should I wear?
 - Clean, comfortable, loose fitting clothing, tennis shoes or low healed walking shoes. Please leave jewelry and valuables at home.
- What should I bring to the hospital?
 - Your photo identification, insurance cards, a list of all medications including over the counter medications and dosage, any applicable copayment.
- Will I be able to eat after the procedure?
 - You will typically be able to resume your normal diet unless otherwise instructed.