

Dear Patient,,

To prepare for your procedure, a bowel prep is required. Below you will find instructions for several preps that our providers use. Based on your history and symptoms, your physician has ordered the following prep for you.

FOR ALL PREPARATIONS: If your bowel movements remain brown or loose, instead of a watery consistency, notify your physician for additional instructions at (252) 757-3636 or (252) 413-6260.

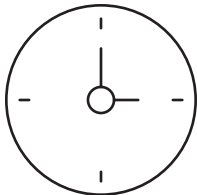
Office Use Only: SUPREP, COLYTE, CLENPIQ, PLENVU, GATORADE MiraLAX, AGGRESSIVE

SUPREP



THE DAY BEFORE THE EXAM:

- **Step 1**—At 6:00 PM, pour one 6-ounce bottle of SUPREP into the mixing cup provided. Add cool water to the 16-ounce line and stir. Drink all the liquid.
- **Step 2**—Drink two more 16-ounce cups of water in the cup provided over the next hour. You should begin having loose bowel movements in approximately 1 hour, which may continue for about 1–2 hours. Your last bowel movements should be of water consistency and clear, yellowish, or tea colored.
- Continue drinking clear liquids until bedtime.



THE DAY OF THE EXAM:

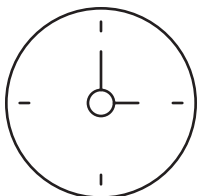
- 4 hours before the procedure, repeat steps 1 and 2 above for today's morning dose.
- You may **ONLY** drink clear liquids until 3 hours before procedure, and **NOTHING** by mouth after this time.

COLYTE



THE DAY BEFORE THE EXAM:

- **Step 1**—At 4:00 PM, add drinking water to the top line of the jug of Colyte solution. Shake well until dissolved and refrigerate.
- **Step 2**—At 6:00 PM, drink an 8-ounce glass every 10–15 minutes until HALF of the solution is gone.
- You should begin having loose bowel movements in approximately 1–2 hours, which may continue for an additional 1–2 hours. Your last bowel movement should be of watery consistency and clear, yellowish, or tea colored.
- Continue drinking clear liquids until bedtime.



THE DAY OF THE EXAM:

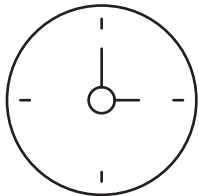
- 4 hours before the procedure, begin drinking the remaining solution. Drink an 8-ounce glass every 10 minutes until the solution is gone.
- You may **ONLY** drink clear liquids until 3 hours before the procedure, and **NOTHING** by mouth after this time.

CLENPIQ



THE DAY BEFORE THE EXAM:

- **Step 1**—At 6:00 PM, drink one bottle of CLENPIQ directly from the bottle. It does not need to be mixed.
- **Step 2**—Drink 5 cups (8 oz each) of clear liquid. You should begin having loose bowel movements in 1–2 hours, which may continue for an additional 1–2 hours.
- Continue drinking clear liquids until bedtime.



THE DAY OF THE EXAM:

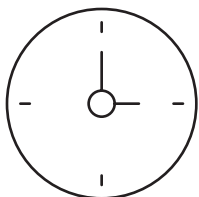
- 4 hours before the procedure, drink the other bottle of CLENPIQ directly from the bottle. It does not need to be mixed.
- Drink at least 3 cups (8 oz each) of clear liquid).
- You may drink **ONLY** clear liquids until 3 hours before procedure, and **NOTHING** by mouth after this time.

PLENVU



THE DAY BEFORE THE EXAM:

- **Step 1**—At 4:00 PM, use the mixing container to mix the contents of the dose 1 pouch with at least 16 ounces of water by shaking or using a spoon until it is completely dissolved. This may take up to 2 to 3 minutes. Refrigerate.
- **Step 2**—At 6:00 PM, drink the solution and take your time, slowly finish the dose within 30 minutes.
- Refill the container with at least 16 ounces of clear liquid. Again, take your time and slowly finish all of it within 30 minutes.
- You should begin having loose bowel movements in 1–2 hours, which may continue for an additional 1–2 hours.



THE DAY OF THE EXAM:

- 4 hours before the procedure use the mixing container to mix the contents of dose 2 (pouch A and pouch B) with at least 16 ounces of water by shaking or using a spoon until it is completely dissolved. This may take 2 to 3 minutes. Drink the second solution, take your time, and slowly finish the dose within 30 minutes.
- Refill the container with at least 16 ounces of clear liquid. Again, take your time and slowly finish all of it within 30 minutes.
- You may **ONLY** drink clear liquids until 3 hours before procedure, and **NOTHING** by mouth after this time.

GATORADE MIRALAX



SEVERAL DAYS BEFORE THE EXAM:

- Purchase a bottle of MiraLAX (238 gm) at any pharmacy. No prescription needed.
- Purchase 4 Dulcolax (Bisacodyl) 5 mg laxative tablets. No prescription needed.



THE DAY BEFORE THE EXAM:

- **Step 1**—At 1:00 PM, take 2 Dulcolax (Bisacodyl) laxative tablets.
- **Step 2**—At 5:00 PM, mix MiraLAX 238 gm bottle with 64 oz of Gatorade (*no red*).
- **Step 3**—Divide solution, placing half in the refrigerator.
- **Step 4**—With the remaining half, drink an 8 oz glass every 10–20 minutes until gone.
- **Step 5**—At 9:00 PM, take 2 Dulcolax (Bisacodyl) laxative tablets.
- **Step 6**—Five hours before procedure, drink the remainder of the solution. *You may need to wake during the night.* The timing of this dose is important and should not be altered. Continue your clear liquid diet until 3 hours before the procedure.

AGGRESSIVE PREPARATION



SEVERAL DAYS BEFORE THE EXAM:

- You will be given a prescription by your physician, which will need to be filled at the pharmacy.
- Purchase a bottle of MiraLAX (238 gm) at any pharmacy. No prescription needed.



FOR 5–10 DAYS BEFORE THE EXAM:

- Begin a low residue diet. A low residue diet limits high fiber food.
- High fiber foods to **AVOID** include:
 - Whole grain breads, oatmeal/cereals, granola
 - Nuts, seeds, raw/dried vegetables, or fruit (**NO SALADS**)
 - Beverages with pulp
 - Nutritional supplements that contain fiber
 - Peppers, beans, corn/popcorn
 - Hard candy, gum
- Foods you **MAY** eat include:
 - Cream of wheat/grits, white rice, and refined potatoes/noodles
 - Cooked fresh/canned vegetables
 - Vegetables without seeds including asparagus, beets, carrots, mushrooms, green beans, and potatoes without skin
 - Bananas, soft cantaloupe, honeydew, avocado
 - Chicken, fish, beef, pork, tofu, or eggs
 - Margarine, butter/oils, smooth sauces and dressings
 - Cakes, cookies, pudding, ice cream without nuts or seeds
 - Popsicles, yogurt, and cheese

AGGRESSIVE PREPARATION *(CONTINUED)*



FOR 2-5 DAYS BEFORE THE EXAM:

- Start taking MiraLAX 17 gm twice daily



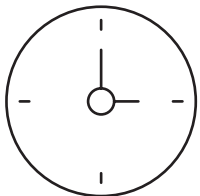
FOR 2 DAYS BEFORE THE EXAM:

- **DO NOT EAT ANY SOLID FOOD**
- You may have **ONLY** clear liquids for breakfast, lunch and dinner.
- Continue drinking clear liquids until bedtime.



THE DAY BEFORE THE EXAM:

- **Step 1**—Do **NOT** eat any solid food this day.
- **Step 2**—You may have **ONLY** clear liquids for breakfast, lunch, and dinner.
- **Step 3**—At 4:00 PM, add drinking water to the top line of the jug of prescribed solution. Shake well until dissolved and refrigerate.
- **Step 4**—At 6:00 PM, drink an 8-ounce glass every 10–15 minutes until HALF of the solution is gone.
- You should begin having loose bowel movements in approximately 1 hour, which may continue for an additional 1–2 hours. Your last bowel movements should be of watery consistency and clear, yellowish, or tea colored.
- Continue drinking clear liquids until bedtime.



THE DAY OF THE EXAM:

- **Step 1**—5 hours before the procedure, begin drinking the remaining solution. Drink an 8-ounce glass every 10–15 minutes until the solution is gone.
- You may **ONLY** drink clear liquids until 3 hours before procedure, and **NOTHING** by mouth after this time.