

Please arrive 90 minutes before your appointment.

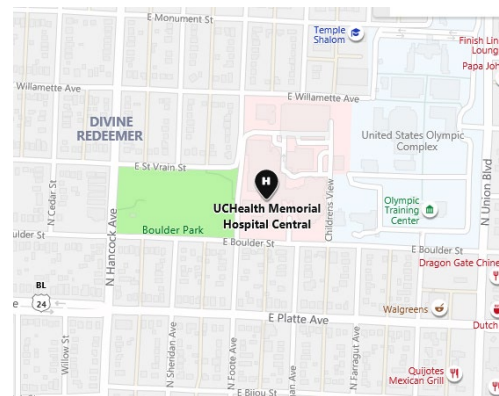
Please read this IMPORTANT guide 10 DAYS before your procedure!

Please bring the following to your exam:

- ☐ **DESIGNATED DRIVER:** Medical staff will put you to sleep for the exam. After your exam is complete, do not drive for the rest of the day. Do not go home by taxi, Uber, Lyft, etc.
- ☐ **MEDICINE:** List all your medicines and amounts (e.g., Lisinopril 25mg). Bring your inhaler or insulin.
- ☐ **PATIENT INFO:** Bring a Photo ID and health insurance card.
- ☐ **PACEMAKERS:** Bring your device card, if possible.

Location:

*1400 E. Boulder, Colorado Springs, 80909
1st Floor, Near Parking Garage
Phone: (719) 365-5000*



*Please use the North Entrance which is located nearest the parking garage.
Valet parking is offered at all entrances **free** of charge or feel free to park in the garage.*

*Please use your phone camera to scan the QR code on the right to watch our
[Bowel Prep Video!](#)*



Getting Ready:

You will drink a laxative solution to clean your colon before your exam. You do NOT need a prescription.

GACS Prep Kits: Buy a kit of all you need at the PPESC front desk

OR buy these items at a local grocery store:

- **Polyethylene glycol (MiraLAX)** 8.3-ounce/238 grams: 1 bottle
- **Bisacodyl (Dulcolax)** 5 mg: 4 tablets
- **128 ounces of a sports drink** *NO Red or Blue (Gatorade, G2, Powerade, Pedialyte, Body Armor)
- ***Optional:** Desitin/A&D ointment, Baby wipes



Our bowel prep is “split-dosing.” You will drink half of the bowel prep the day before and the other half the morning of your procedure. Research shows split-dosing leads to a cleaner colon, better prep tolerance, and fewer missed colon cancers.

ONE (1) week before:

Speak to your primary care doctor about:

- **BLOOD THINNERS** (Coumadin, Warfarin, Plavix, Ticlid, Pradaxa, Eliquis, Xarelto, or other blood thinner): You may need to stop these up to 7 days before your exam. You can take a daily aspirin.
- **WEIGHT LOSS/DIABETES:** Change your dose of insulin for the clear liquid day and the day of your exam. Stop GLP-1 Agonists (Trulicity, Victoza, Ozempic, Wegovy, Bydureon, Byetta, Zepbound or other) 7 days before your exam.
- **IRON:** Stop taking iron pills 7 days before your exam.

THREE (3) days before:

Start a **LOW FIBER/ LOW RESIDUE DIET**. Avoid supplements and foods high in fiber such as raw or dried fruits/veggies, nuts, seeds, whole grains, and beans. **Examples of approved food:**

- | | | |
|---------------------------|---------------------|--------------------------|
| • White Breads/Pasta/Rice | • Ground beef | • Peeled Apples/Peaches |
| • Waffles & Pancakes | • Chicken (grilled) | • Peeled Cooked Carrots |
| • Saltine Crackers | • Fish | • Peeled Cooked Potatoes |
| • Milk/Cream/Cheese | • Tofu | • Mayo & Oils |
| • Yogurt | • Avocado | • Jelly, Honey & Syrup |

ONE (1) day before:

Morning: Start a CLEAR LIQUID DIET. NO SOLID FOOD until after the exam. Do NOT drink anything **RED** or **BLUE**. For protein, you may drink up to 2 Boost/Ensure before 4 PM. If you are constipated, start prep at noon instead of 2 PM.

2:00 PM: Take 4 Dulcolax (bisacodyl) tablets.

4:00 PM: Mix half (1/2) of the bottle of Miralax with 64 oz of sports drink.

Drink a glass of the prep solution every 15-20 minutes until gone. Finish no later than 6 PM. Keep drinking clear liquids to stay hydrated.

IMPORTANT: *This prep causes a lot of bowel movements. Stay near a toilet!*

Responses to laxatives vary. Expect bowel movement in 30 minutes, but it may take up to 7 hours. If you are not having frequent bowel movements, call our office at (719) 387-2116.

The Day of Your Procedure:

Wake up and keep drinking Clear Liquids (no red or blue). Take your daily meds with water no later than three (3) hours before the procedure.

Five (5) HOURS before: Mix the other half (1/2) of the Miralax with 64 oz of sports drink. Drink as before. **FINISH NO LATER THAN 3 HOURS BEFORE EXAM!**

(Your stool should be clear yellow and look like urine)

NOTHING BY MOUTH 3 HOURS BEFORE YOUR EXAM!

Do NOT put anything in your mouth. Your exam could be delayed or canceled.

- NO ice, gum, hard candy, cough drops, chewing tobacco
- NO smoking pipes, vapes, carettes, e-cigarettes, joints, blunts

Approved



- Black Coffee, Tea, Soda
- Fitness Water
- Broth
- Gelatin (No red or blue)
- Popsicles (No fruit pieces)
- Fruit Juice (No pulp)

Avoid



- **RED** and **BLUE** items
- Milk & Dairy
- Popsicles (With fruit pieces)
- Fruit Juice (With pulp)
- Alcohol



The Cliff Notes: Quick Reference Guide

ONE (1) week before:

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- **WEIGHT LOSS/DIABETES:** Change your dose of insulin for the clear liquid day and the day of your exam. Stop GLP-1 Agonists (Trulicity, Victoza, Ozempic, Wegovy, Bydureon, Byetta, Zepbound or other) 7 days before your exam.
- **IRON:** Stop taking iron pills 7 days before your exam.

3 Days Before:

Low residual Diet: See full list on Page 1

Please avoid all fruits, vegetables, nuts, and seeds.

1 Day Before:

Clear Liquid Diet: If you put it up to the light and you can see through it, you can have it!

- No pulp, no solids, no dairy
- Don't forget to start your prep today!
- It's 2PM: Take your Dulcolax Tablets!
- It's 4PM: *Drink! Drink! Drink!* 64ozs of Gatorade mixed with ½ a bottle of MiraLAX. You have 2 hours. The clock starts now!

The Day of Your Appointment:

You aren't done yet!

- 5 hours before your appointment time the 2nd half is due!
- 64oz of Gatorade and the other ½ of the MiraLAX bottle. *Drink up!*
- Please finish this half within 2 hours.

Remember nothing by mouth 3 hours before your appointment!



Diabetic Prep Considerations:

Please monitor blood sugar levels closely***



Insulin Dependent

- 1 Day Prior:
 - Morning Dose.
 - No Change.
 - Afternoon Dose (If Applicable):
 - 1/2 Normal Dose.
- The Day Of Your Procedure:
 - No Insulin- bring insulin with you to your appointment.



Medication Dependent

- 1 Day Prior:
 - Take your normal AM dose of pills.

Do not take any more pills until after your procedure.

If you take insulin and pills, please follow all the instructions listed in the both boxes above.



Diet Controlled ONLY

- Follow Prep Instructions as given

***Unsafe blood sugar levels may result in rescheduled appointments.

Your health and safety are our number **1** priority.