

# Colonoscopy Prep Checklist

Put this document in an easy-to-see place and follow along as you prep for your colonoscopy. For more detailed instructions, refer to [ohiogastro.com/colonoscopy-preparation/](http://ohiogastro.com/colonoscopy-preparation/). **By the end of your bowel prep your stool should be liquid, either clear or yellow in color.** If your stool remains brown there will be decreased visualization of your colon, and your exam may need to be rescheduled. Questions? Call us at 614-754-5500 or visit [ohiogastro.com](http://ohiogastro.com).

\* If you are on a GLP-1 medication such as Ozempic, Wegovy, Mounjaro, or like medications, **DO NOT** take your medication 7 days prior to the scheduled appointment. Call our office if the appointment is prior to the 7 days.

## 7 Days Prior to Colonoscopy

- Pick up bowel prep prescription from pharmacy.
- Purchase anti-gas tablets and over-the-counter laxative (Bisacodyl) tablets.
- Arrange a responsible driver for your procedure who will be present from arrival to departure. **We require a responsible adult driver. If they cannot be confirmed when you arrive, we will NOT provide sedation and your procedure may be rescheduled. Taxi or Uber transportation will NOT be accepted for safety.**
- Stop eating raw vegetables, lettuce, nuts, red liquids, and foods containing small seeds or corn.
- Stop taking iron (including multivitamins containing iron) and fiber supplements (Metamucil, Benefiber, Fibersure, etc.).



Get tips, more info, and videos at [ohiogastro.com/colonoscopy-preparation/](http://ohiogastro.com/colonoscopy-preparation/)

## Day Prior to Colonoscopy

- Have only clear liquids all day! (Water, chicken broth, apple juice, popsicles, Jell-O, coffee, tea, soft drinks, etc.)
- Confirm your responsible adult driver.
- If using Golytely, Nulytely, Trilyte, GaviLyte, or any other 4 liter PEG solution;** mix all of the solution with water per product instructions and place in refrigerator.
- 4:00pm** - Take 2 over-the-counter laxative (Bisacodyl) tablets.
- 5:00pm** - Begin "Step 1" of prescribed bowel preparation instructions.
- 9:00pm** - Take 2 anti-gas tablets.
- Hydrate! Keep drinking water and clear liquids.

**Flip to find your prep instructions.**



## Day of Colonoscopy

- DO NOT** use pain medication, marijuana, antacids (Maalox, Pepto Bismol, Mylanta, etc.), or creamer in your coffee.
- Continue to hydrate!
- 4-5 hours before arrival time depending on your prep** - Begin "Step 2" of prescribed bowel prep.
- 3-4 hours before arrival time** - Take 2 anti-gas tablets.
- 2 hours before arrival time** - Take any regularly scheduled medications with only sips of water.
- 2 hours before arrival time** - **STOP** drinking water and clear liquids. **DO NOT** have anything by mouth prior to your arrival time. **DO NOT** chew gum, have hard candy, have lozenges, or drink water. **Your procedure will be delayed or cancelled if you eat or drink anything less than 2 hours from your arrival time.**
- 1 hour before procedure time** - Arrive at procedure location! Bring your insurance cards and photo ID. Leave valuables at home. **DO NOT** wear contact lenses.

# Bowel Preparation Instructions by Specific Product

Please find your specific bowel preparation product from the list below and **follow these instructions instead of the instructions on the package**. Remember! You will need to complete your bowel prep 2 hours prior to your arrival time. Questions? Call us at 614-754-5500 or visit [ohiogastro.com](http://ohiogastro.com).

## Golytely, Nulytely, Trilyte, GaviLyte, or any other 4 liter PEG solution

**Step 1:** At 5:00pm - Drink one 8oz glass of the prep solution every 15 minutes and stop once you have finished half of the bottle (2 liters). Place remainder prep in refrigerator for the next morning.

**Step 2:** 4 hours before arrival time - Drink one 8oz glass of the prep solution every 15 minutes until prep is complete.

## Suprep or Plenvu

**Step 1:** At 5:00pm - Mix the first half of the prep solution with water per product instructions. Drink the entire 16oz container of prep solution. Over the next 1 hour, drink 2 more 16oz cups of water.

**Step 2:** 4 hours before arrival time - Repeat **all** of "Step 1" with the second half of prep solution.

## Sutab

**This prep must be approved by your procedure physician.**

**Step 1:** At 5:00PM - Open one bottle of 12 tablets. Fill the provided cup with water to the 16oz fill line. Swallow each tablet with a sip of water. Finish the remaining water over the next 15-20 minutes. 1 hour after the last tablet is ingested - Drink a second 16oz container of water. 30 minutes after finishing the second container of water - Drink a third 16oz container of water.

**Step 2:** 5 hours before arrival time - Repeat **all** of "Step 1" with the other bottle of 12 tablets.

## Moviprep 2 liter PEG solution

**Step 1:** At 5:00pm - Mix the first half of the prep solution with water per product instructions. The Moviprep container is divided by 4 marks. Drink the prep solution down to the next mark every 15 minutes until the full 1-liter container is complete.

**Step 2:** 4 hours before arrival time - Repeat **all** of "Step 1" with the second half of prep solution.

## Clenpiq

**This prep must be approved by your procedure physician. DO NOT use if you have Congestive Heart Failure or kidney disease. DO NOT dilute, refrigerate, or freeze this prep.**

**Step 1:** Between 5:00PM - 9:00PM - Drink all of 1 of the 2 bottles. Follow with 5 or more 8oz cups of clear liquid. Finish additional liquids over the next 5 hours.

**Step 2:** 5 hours before arrival time - Drink entire second bottle. Follow with 4 or more 8oz cups of clear liquid.

## Suflave

**If nausea, bloating, or abdominal cramping occurs, pause or slow down the rate of drinking the solution and additional water until the symptoms diminish.**

**Step 1:** 5:00PM - Mix the first bottle of prep solution with water per product instructions. Drink 8 ounces of solution every 15 minutes until the bottle is empty. Drink an additional 16 ounces of water during the evening.

**Step 2:** 5 hours prior to the colonoscopy, but no sooner than 4 hours from starting dose - Repeat **all** of "Step 1" with the second dose.