



SPLIT DOSE BOWEL PREP INSTRUCTIONS - DR. KELLEN JEX FOR COLONOSCOPY

An absolutely CLEAN colon is necessary for a successful examination. Please follow these instructions carefully.

- CLEAR LIQUIDS ONLY THE DAY BEFORE YOUR PROCEDURE. PLEASE AVOID RED, BLUE, OR PURPLE COLORED LIQUIDS.**
- IT IS BEST TO AVOID MEDICATIONS WHICH CONTAIN IRON FOR 1 WEEK LEADING UP TO YOUR PROCEDURE. IF YOU TAKE BLOOD THINNERS, IT IS VERY IMPORTANT TO INFORM DR. JEX OR THE NURSE SO A PLAN CAN BE MADE TO EITHER STOP OR CONTINUE THESE MEDICATIONS LEADING UP TO YOUR PROCEDURE.**
- YOU MUST BE ON A CLEAR LIQUID DIET THE ENTIRE DAY BEFORE YOUR PROCEDURE. NO PURPLE, BLUE, OR RED LIQUIDS. YOU MAY HAVE COFFEE, WITH NO CREAM OR SUGAR. EXAMPLES OF CLEAR LIQUID DIET: CHICKEN BROTH, LEMON JELLO, SPRITE, MOUNTAIN DEW, CLEAR BEVERAGES. ABSOLUTELY NO ALCOHOL. PLEASE DRINK PLENTY OF FLUIDS TO AVOID DEHYDRATION.**

1. At 5 to 6:00 PM the evening before your scheduled procedure, begin drinking the first dose of the bowel preparation. For Suprep or Plenvu, the mixing instructions are on the packaging. For miralax/golytely, drink a large glass (about 8 ounces) every 15 minutes until the first bottle of the bowel prep is complete.

2. Approximately 5 hours before your scheduled test time on the morning of your procedure, drink the second dose of your bowel prep in the same fashion as the first. You must finish the second dose of the prep no less than 2 hours before your scheduled procedure time and have had nothing else to eat or drink past midnight (except the second portion of the prep).

You may experience bloating and/or nausea and chilliness after the first few glasses of the preparation. This is temporary, however, and will disappear once bowel movements begin.

3. Bowel movements usually occur within 4 hours after the first glass of the drink. They will continue periodically for approximately two to four hours after you finish drinking the last glass. By this time, the stool liquid should be clear/yellow/green liquid.

4. THE DAY OF YOUR PROCEDURE NOTHING CAN BE TAKEN BY MOUTH, INCLUDING WATER, FOR AT LEAST 2 HOURS PRIOR TO THE EXAMINATION.

5. YOU MAY TAKE YOUR BLOOD PRESSURE, HEART, OR SEIZURE MEDICATIONS WITH A SMALL SIP OF WATER THE MORNING OF YOUR PROCEDURE.

6. * IF YOU ARE A DIABETIC * ASK YOUR PRIMARY CARE PROVIDER ABOUT YOUR DIABETIC MEDICATIONS

7. IF YOU TAKE BLOOD THINNERS, YOU SHOULD HAVE DISCUSSED HOW LONG TO HOLD THESE (DON'T TAKE) PRIOR TO YOUR PROCEDURE WITH DR. JEX OR HIS STAFF. PLEASE CALL HIS OFFICE IMMEDIATELY, PRIOR TO YOUR PROCEDURE, IF THIS WAS NOT DISCUSSED WITH YOU.

8. IF YOU TAKE ANY SEMAGLUTIDE INJECTIONS PLEASE INFORM DR. JEX IF NOT ALREADY DISCUSSED. YOU WILL MOST LIKELY NEED TO HOLD THESE INJECTIONS TWO WEEKS PRIOR TO YOUR PROCEDURE. THESE CAN INCLUDE:

- Ozempic, Semaglutide, Wegovy, Mounjaro, Liraglutide, Tirzepatide

Per Facility Policy, you will need a responsible adult companion to accompany you during your procedure to talk to the doctor and be available for instructions after the procedure, and to drive you home. Only one companion will be allowed in the building with you. If you bring more than one, the other companions will be asked to wait in the car. Please have a face mask for you and your companion on before you enter the building.