



Fall Hill Gastroenterology Associates

Fall Hill Gastroenterology Associates 2601 Fall Hill Ave, Fredericksburg, Va. Phone: 540-371-9696

Two Day Colonoscopy Split Dose

\*\*\*\*\*DO NOT FOLLOW INSTRUCTIONS ON PREP BOX\*\*\*\*\*

Prescription e-prescribed to your pharmacy: [ ] Suprep [ ] Moviprep [ ] Trilyte [ ] Clenpiq [ ] Plenvu [ ] SuTab [ ] Magnesium Citrate (Over the Counter) [ ] Dulcolax 5mg Tablet (Over the Counter)

7 DAYS PRIOR TO PROCEDURE \_\_\_\_\_ STOP EATING SEEDS AND NUTS.

Two Days prior to procedure: \_\_\_\_\_

Regular Diet all day

- 5pm [ ] Drink the whole bottle of Magnesium Citrate [ ] Take the 1 Dulcolax tablet with 8 ounces of water

The day before the procedure: \_\_\_\_\_

Start a Clear liquid diet all day

Foods Allowed on a Clear Liquid Diet:

Beverages: Water, Coffee, Tea, Carbonated drinks (no red or purple), any clear juices, fruit flavored drinks and powders (country time, crystal light, Kool-Aid), and Clear Ensure (any flavor). Soups: Fat Free clear broth and bouillon-Beef, chicken, or vegetable Desserts: Warm or cold Jell-O, plain popsicles, slushes, clear water ices (Italian), hard candy, jelly beans (no red or purple) Sweeteners: Sugar, artificial sweeteners (Sweet N Low, Splenda, or Equal)

Foods NOT Allowed on a Clear Liquid Diet:

No Solid Foods, No Red or purple colorings, and No dairy Products (milk, half and half, or cheese)

5pm start \_\_\_\_\_

- [ ] SUPREP-Pour one 6-ounce bottle of the Suprep into the mixing cup provided and add cool water to the 16-ounce line. Stir and drink it slowly over an hour. Drink 32 ounces of a clear liquid within the next hour. [ ] SuTab- Step 1) Open 1 bottle of 12 tablets. Fill the provided container with 16 ounces of water (up to fill line). Swallow each tablet with a sip of water, then drink the entire amount of water over 15 to 20 minutes. Step 2) Approximately 1 hour after the last tablets ingested, fill the provided container again with 16 ounces of water (up to fill line), and drink the entire amount over 30 minutes. Step 3) Approximately 30 minutes after finishing the second container of water, fill the provided container with 16 ounces of water (up to fill line), drink the entire amount over 30 minutes. [ ] MOVIPREP-Mix 1st pouch "A and B" in the container provided with tepid water to the top of the line. You can mix this in the morning and refrigerate to keep cold. Drink 8 ounces of Moviprep at 5pm, 5:15pm, 5:30pm, and 5:45pm. Drink at least 16 ounces of clear liquid in the next hour.

□ TRILYTE-Fill laxative container with luke warm water to the line on container and pick one flavor packet for flavoring and mix (you can do this in the morning and put in refrigerator). Drink 8 ounces every **15** minutes until **12** glasses are done. Put the container back into the refrigerator to keep cold.

□ CLENPIQ-drink the 1<sup>st</sup> 5.4-ounce bottle of Clenpiq. It does not need to be mixed or diluted. **Do Not** refrigerate or freeze. Then drink **5** eight ounces of clear liquids over the next 5 hours.

□ PLENVU-Pour the 1<sup>st</sup> dose pouch (labeled “Dose 1” on top right) into the mixing cup that is provided and add water to the fill line. Shake for 2-3 minutes until completely dissolved and drink it down slowly over the next 30 minute. Drink 16 ounces of a clear liquid over the next hour.

There is no change in medications this day. Take evening medications when bowel movements have slowed down. Continue clear liquids until bedtime.

**The Morning of the Procedure:** \_\_\_\_\_

5 hours prior to leaving home start 2<sup>nd</sup> dose of prep at \_\_\_\_\_

□ SUPREP-Pour one 6-ounce bottle of the Suprep into the mixing cup provided and add cool water to the 16-ounce line. Stir and drink it slowly over an hour. Drink 32 ounces of a clear liquids until \_\_\_\_\_.

□ SuTab- **Step 1)** Open 2<sup>nd</sup> bottle of 12 tablets. Fill the provided container with 16 ounces of water (up to fill line). Swallow each tablet with a sip of water, then drink the entire amount of water over 15 to 20 minutes.

**Step 2)** Approximately 1 hour after the last tablets ingested, fill the provided container again with 16 ounces of water (up to fill line), and drink the entire amount over 30 minutes.

**Step 3)** Approximately 30 minutes after finishing the second container of water, fill the provided container with 16 ounces of water (up to fill line), drink the entire amount over 30 minutes.

□ MOVIPREP-Mix 2nd pouch “A and B” in the container provided with tepid water to the top of the line. You can mix this beforehand and refrigerate to keep cold. Drink 8 ounces of Moviprep at \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_. Drink at least 16 ounces of clear liquids until \_\_\_\_\_.

□ TRILYTE- Drink 8 ounces every **15** minutes until **4** glasses are consumed. Drink at least 16 ounces of clear liquids until \_\_\_\_\_.

□ CLENPIQ-drink the 2<sup>nd</sup> 5.4-ounce bottle of Clenpiq. It does not need to be mixed or diluted. **Do Not** refrigerate or freeze. Then drink **3** eight ounces of clear liquids until \_\_\_\_\_.

□ PLENVU-Pour the 2<sup>nd</sup> dose pouch A and B (labeled “Dose 2” on top right) into the mixing cup that is provided and add water to the fill line. Shake for 2-3 minutes until completely dissolved and drink it down slowly over the next 30 minutes. Drink 16 ounces of any clear liquids until \_\_\_\_\_.

No Smoking 12 hours prior to procedure.

Take all prescribed medications 3 hours prior to leaving \_\_\_\_\_.

**No** diabetic medications (including Insulin), **No** Potassium supplements, and **No** Diuretics (water pills) before the procedure.

**Nothing by mouth 3 hours prior to leaving home** \_\_\_\_\_, until after your procedure.

Report to \_\_\_\_\_ at \_\_\_\_\_ am/pm.

\*\*\*\*You will not be allowed to drive after the procedure\*\*\*\*. Some facilities require your ride to stay at the facility the whole time of the procedure (no dropping off and picking up). It is very important to complete the prep as instructed. You can do it!