**Louisiana Gastroenterology Asso Suite 303 337-232-6697 Suite 400 337-235-9779**

 **The Endoscopy Center Suite 302 337-735-7317**

## COLONOSCOPY PREP USING BAG ENEMAS

Your colonoscopy is scheduled on \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. Please arrive at\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

**One week before the procedure:**

* Stop all OTC medicine. May continue Tylenol & 81mg Aspirin.
* Notify office if you use any blood thinners (example: Coumadin or Plavix).
* Go to pharmacy & purchase **Dulcolax (bisacodyl) Tablets**, & one (1) **Bag Enema**.

**Two days before the procedure,** start low residue diet (Sat-Sun-Mon-Tues-Wed-Thur-Fri)

* Between 4-6pm, take 2 Dulcolax (bisacodyl) tablets. This will cause bowels to move.

**TWO DAY PREP: for hard to prep people: THREE DAYS before the procedure:** start on a low residue diet.

**TWO DAYS before the procedure:** Start on clear liquid diet (Sat-Sun-Mon-Tues-Wed-Thur-Fri) and continue all day. AT 2pm, take 2 Dulcolax tablets. And at 8pm, take 2 more Dulcolax tablets.

**One day before the procedure,** start clear liquid diet (Sat-Sun-Mon-Tues-Wed-Thur-Fri)

1. Continue clear liquids all day, even after the prep.
2. **At 4:00 p.m. take 2 Dulcolax Tablets.** Do not chew or crush them. You need to swallow them whole. Drink as many clear fluids as possible during the day – hydrating will help reduce side effects such as cramping or nausea.
3. **At 6:00 p.m. Fill the Bag Enema** with lukewarm water. Be careful not to make the water too cold or hot. Place a towel on the floor between your toilet and shower to catch any water that may fall.
4. **Stand in your Shower** and gently, insert the tube rectally. Allow all of the water from the bag to empty slowly. Try to hold as much water in as you can take.
5. Remove the tube and sit on the toilet to allow the water to come out.
6. **Repeat** this process **three (3) times**.
7. If at any time during the prep you notice excessive bleeding (3 tablespoons or more), stop the prep and call our office. Returns from the prep should be a yellow or green liquid, unless you have had red Jell-O, and then it may be red.
8. **Do not eat or drink anything after midnight, except as noted below.**

**The morning of the procedure:**

1. We may be contacted starting at 7:00AM if you have any questions. You may brush your teeth.
2. **Two hours before leaving** to come to your appointment, **repeat the Bag Emema process three (3) times**.
3. You may continue your clear liquid diet until 4 hours prior to your arrival time. **You will be sedated and you will have to have someone available to listen to the doctor’s advice upon discharge and drive you home after the test. If you do not have a driver, your test will be rescheduled to a day when one is available.** You can expect to be here for 2 to 3 hours.
4. If you are taking blood pressure/heart/seizure medications, be sure to take them with a small amount of water on the morning of your procedure. Bring your medications or a list of your medications.

***All Patients:***

1. **Medications**:
	1. **Insulin or oral diabetic medications should not be taken on the morning of your test. You may resume taking your medications after you are able to eat.**
	2. **If you are on Coumadin, discuss this with the nurse or doctor. You will be told if you need to have lab work drawn prior to the procedure & whether the Coumadin needs adjustment.**
	3. **BRING YOUR CURRENT MEDICATIONS OR LIST WITH YOU ON THE DAY OF YOUR TEST.**
2. **Tips**:
* You may reduce rectal soreness from the prep by cleansing with baby wipes after bowel movements and then applying zinc oxide to the skin in the rectal area.
* The prep may seem difficult but it allows the physician to see the lining of your colon clearly.

***A good prep may lengthen the time needed before your next colonoscopy.***

# IF YOU HAVE ANY QUESTIONS/ PROBLEMS, PLEASE CALL OUR OFFICE AND ASK FOR A NURSE

IF YOU CANNOT KEEP YOUR APPOINTMENT, PLEASE LET US KNOW AS SOON AS POSSIBLE

**LOW RESIDUE DIET**

This is used to heal the colon and also used to prepare for procedures. It is low in fiber and fat.

|  |  |  |
| --- | --- | --- |
| ***Food Type*** | ***Foods Allowed*** | ***Foods Not Allowed*** |
| ***Beverages*** | * Coffee, tea and decaff. beverages
* Skim or 1% milk (limit to 1 cup/day)
* Carbonated drinks (1 cup per day)
 | * High fat milk & milk products
* Alcohol
 |
| ***Breads, Cereal, Rice, & Pasta*** | * Soft breads such as white breads
* Crackers without wheat, nuts, or seeds
* Cooked cereals (grits/cream of wheat)
* Rice krispies, corn flakes, Special K
* White rice, Pasta
 | * Whole grain bread, cereal, pasta
* Oatmeal or Granola cereals
* Any with nuts, seeds, or fruit
* seasoned bread, grain, or pasta
* Brown or wild rice
 |
| ***Fruit/Juices*** | * All strained fruit juices
* Canned peaches, pears, apricots
* Applesauce; Baked apple without skin
* Ripe banana
 | * All other fruits and juices
* No prunes or prune juice.
 |
| ***Vegetables*** | * Tender cooked green beans, wax beans, asparagus, beets, carrots, and white potatoes (all skins removed)
* Vegetable juices (NOT V-8)
* Tomato sauce, plain with no spice
 | * Raw or Fried vegetables
* All vegetables with skins
* Broccoli, brussel sprouts, cabbage, cauliflower, corn, dried beans and peas, onions, rutabagas
* Potato chips
 |
| ***Meat or Substitute*** | * Baked, broiled, boiled, roasted, stewed, or microwaved tender chicken, turkey, veal, beef, lamb, and lean pork
* Smooth peanut butter
* Tofu
* Eggs or egg substitute (not fried)
* Tuna, crawfish, shrimp, crabmeat
* Soft mild American or cheddar cheese
 | * All fried meats
* Meats cooked in roux/cream sauce
* Tough, stringy, highly seasoned meats
* Sausage, boudin, cracklins
* Regular cold cuts, hot dogs
* Dried peas or beans
* All other cheese
 |
| ***Soups*** | * Clear broth based soups
* Chicken or turkey noodle
* Chicken with rice
 | * All others
 |
| ***Fats/oils*** | * Limit 1-2 tsp per meal
* Margarine, butter, mayonnaise, oil, non-dairy creamer
 | * All fried foods
* All others.
 |
| ***Sweets & Desserts*** | * Sugar, syrup, honey, jelly, seedless jam, Hard candies
* Plain cakes (angel food, sponge)
* Plain cookies (animal, sugar, vanilla)
* Jell-O, Popsicles, sherbet
 | * Jams & marmalade
* Sweets containing nuts, coconut, or chocolate
* All others
 |
| ***Miscellaneous*** | * Salt, mild herbs and flavorings, such as vanilla, cinnamon and paprika
* Mildly flavored gravies and sauces
* Lemon juice
* non-nutritive sweeteners
 | * Black and red pepper
* Mustard seeds, onions, garlic
* Vinegar, catsup, mustard, BBQ sauce, horseradish, steak sauce
* Coconut, nuts, pickles, olives, popcorn
 |

**Breakfast Lunch Dinner**

½ cup apple juice 3 oz. roast beef/gravy 3 oz. baked chicken

½ cup grits w 1 tsp margarine ½ cup mashed potatoes 2/3 cup buttered rice

1 poached egg 1-cup steamed carrots ½ cup green beans

1 slice white toast 1 dinner roll ½ cup canned peaches

1-cup skim milk 1 slice angel food cake 1-cup iced tea

# Clear Liquid Diet

A clear liquid diet consists of clear liquids — such as water, broth and plain gelatin — that is easily digested and leaves no undigested residue in your intestinal tract. **NO RED OR PURPLE OF ANY KIND**

If you can’t see through it, DON’T drink it.

|  |  |  |
| --- | --- | --- |
| ***Food Type***  | Liquids Allowed | Liquids NOT Allowed |
| Beverages | * Water
* Black coffee & tea (regular or decaf)
* Kool-Aid, fruit flavored beverages
* Sports drinks
* Carbonated beverages limited to 2/day
 | * Milk & milk like products
* Alcoholic beverages
* Creamers (including non-dairy)
* RED OR PURPLE
 |
| ***Fruit Juices*** | * Strained juices including apple, white grape, white cranberry
 | * Fruit juice with pulp
* Prune juice
* RED OR PURPLE
 |
| Soups | * Clear chicken, beef, or vegetable broth
* Bouillon or consommé’
 | * All others
 |
| ***Desserts*** | * Jell-O, NO RED OR PURPLE
* Popsicles, NO RED OR PURPLE
* Snowballs, NO RED OR PURPLE
 | * Any red or purple liquid
* All other desserts
 |
| ***Sugars/Sweets***  | * Sugar, honey, syrup
 | * All others
* RED or PURPLE
 |
| ***Seasonings*** | * Salt
 | * All others
 |
| Meat | * None
 |  |
| Fats | * None
 |  |
| Breads/Cereals | * None
 |  |
| ***Vegetables/Fruit*** | * Clear, strained liquid - NO RED OR PURPLE
 | * All others
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The day before your procedure, do not drink anything red/purple colored liquid. By avoiding these red/purple colored liquids, your returns from the prep should be yellow or light green.

***Clear Liquid Recipes***

## Frozen Fruit Slush Fruit Fizz Lemon Lime Slushie

1-6oz can frozen clear juice 1-cup clear liquid juice Juice from two limes & one

concentrate ½ cup sparkling water lemon, strained

4 Tablespoons sugar ½ cup ice 1-cup sparkling water

3 cups crushed ice 1-cup ice

 Blend ice and juice until 4 teaspoons sugar, or to taste

Mix all ingredients. slushy. Pour in glass &

Blend until smooth. add sparkling water. Blend ice & juice ‘til slushy.

Add sparkling water.