

PREP CHALLENGES

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OBJECTIVES

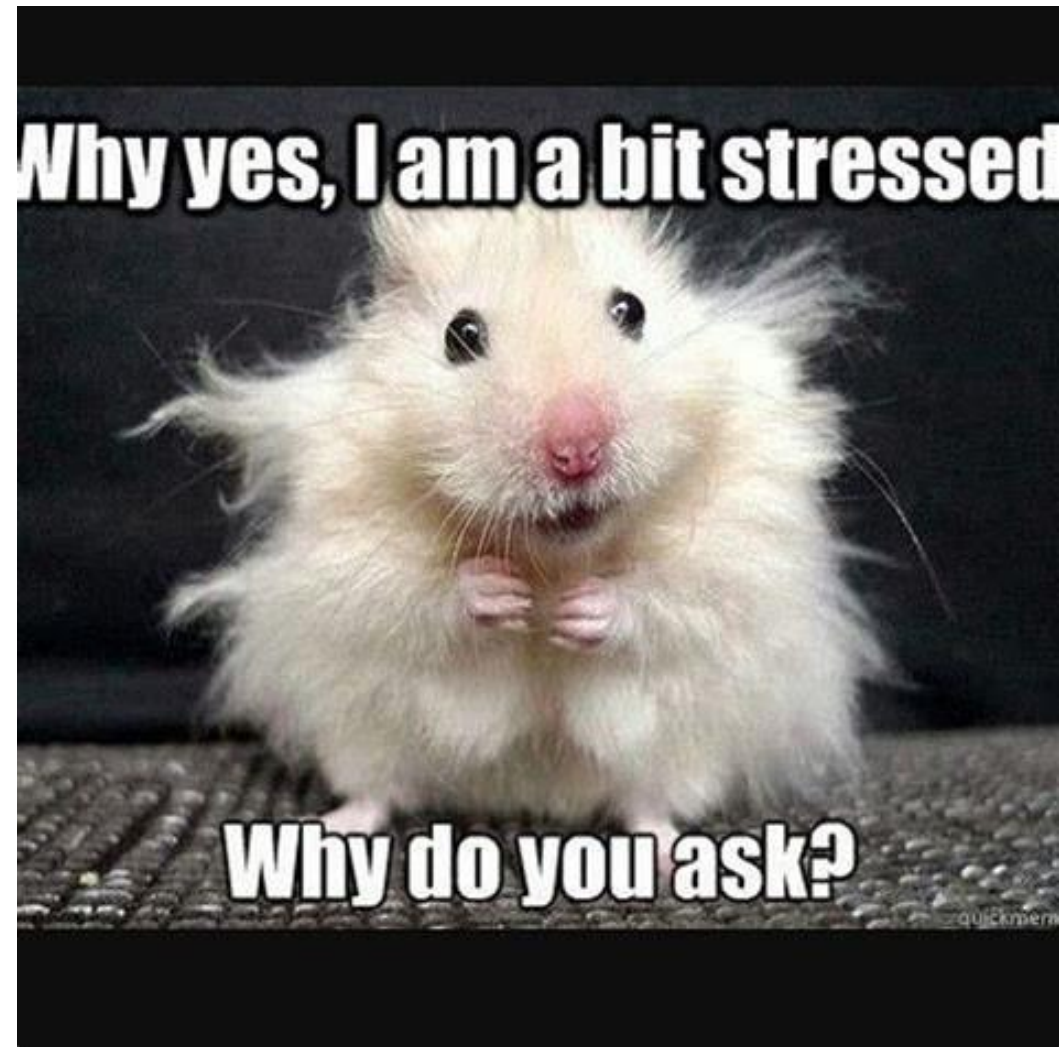
- Identify the most common bowel preparations
- Explain diet modifications to patients
- How to obtain cardiac clearance
- Discuss anticoagulants
- Discuss common patient concerns

BACK GROUND

- Between August , 2021 and August , 2022 16,000 procedures performed at UNC Healthcare
- One Triage Nurse
- Eight Nurse Coordinators
- Three Per Diem Nurses

PATIENT EDUCATION

- People are overwhelmed with the information they receive
- Patient education improves patient outcomes





COLONOSCOPY INSTRUCTIONS

- Diet changes
- Bowel preparations
- Medications
- Scheduling
- Contact information
- Covid information

BOWEL PREPS

- Golytely
- Miralax
- Suprep
- Sutab
- Plenvu
- Moviprep

GOLYTELY/NULYTELY (BRAINTREE)-TRILYTE-COLYTE(ALAVEN)- PEG (POLYETHYLENE GLYCOL)

- I think they sent me the wrong stuff?
- How much water do I need to add?
- Can I add anything to make it taste better?
- I can't drink all that liquid!

MIRALAX & GATORADE BOWEL PREP

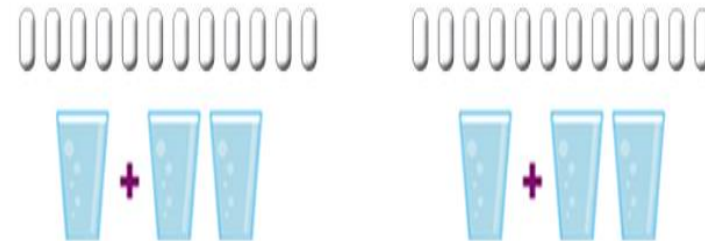
- One 4.1oz bottle of Miralax powder or generic equivalent (Clear Lax)
- One 8.3oz bottle of Miralax powder or generic equivalent (Clear Lax)
- Two 5mg Bisacodyl tablets
- Four 125 mg Simethicone tablets

SUTAB

SUTAB[®] (split-dose regimen)¹¹

Two SUTAB doses are required for a complete preparation:

- Dose 1 consists of 12 tablets and 16 oz of water
- Dose 2 consists of 12 tablets and 16 oz of water
- Each dose is followed by two additional 16 oz of water



SUPREP

SUPREP[®] (split-dose regimen)²

Two SUPREP doses are required for a complete preparation:

- Each dose consists of 6 oz of SUPREP liquid mixed with 10 oz of water
- Each dose is followed by two additional 16-oz cups of water



MOVIPREP



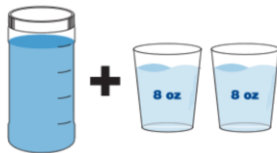
At the time instructed by your doctor

- Empty 1 pouch A and 1 pouch B into the disposable container
- Add lukewarm drinking water to the top line of the container. Mix to dissolve

If preferred, mix solution ahead of time and refrigerate prior to drinking. The reconstituted solution should be used within 24 hours.

Some people also prefer to drink Moviprep with a straw.

Step 2: Drink the first dose



- The Moviprep container is divided by 4 marks. Every 15 minutes, drink the solution down to the next mark (approximately 8 oz), until the full liter is consumed
- Drink 16 oz of the clear liquid of your choice. This is a necessary step to ensure adequate hydration and an effective prep

Step 3: Mix the second dose



At the time instructed by your doctor

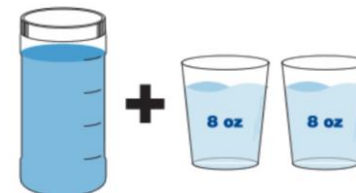
- Empty 1 pouch A and 1 pouch B into the disposable container
- Add lukewarm drinking water to the top line of the container. Mix to dissolve

If preferred, mix solution ahead of time and refrigerate prior to drinking. The reconstituted solution should be used within 24 hours.

Some people also prefer to drink Moviprep with a straw.

▲ See More

Step 4: Drink the second dose



- The Moviprep container is divided by 4 marks. Every 15 minutes, drink the solution down to the next mark (approximately 8 oz), until the full liter is consumed
- Drink 16 oz of the clear liquid of your choice. This is a necessary step to ensure adequate hydration and an effective prep

CLENPIQ

Clenpiq^{®†} (split-dose regimen)¹³

Two Clenpiq doses are required for a complete preparation:

- Dose #1 consists of one 5.4 oz bottle of Clenpiq solution followed by five 8-oz cups (40 oz) of clear liquid consumed within a 5-hour period
- Dose #2 consists of one 5.4 oz bottle of Clenpiq solution followed by at least three 8-oz cups (24 oz) of clear liquid, to be finished 2 hours before the colonoscopy

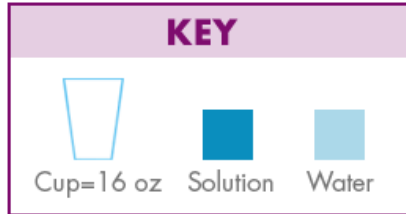




PLENVU

- Add 1 pouch into mixing container and add at least 16 oz of water to the fill line
- Drink within 30 minutes
- Drink another 16 oz of water
- Repeat above at least 5 hours prior to procedure

HOW MUCH DOES THE ADULT PATIENT CONSUME?



SUPREP[®] (split-dose regimen)²

Two SUPREP doses are required for a complete preparation:

- Each dose consists of 6 oz of SUPREP liquid mixed with 10 oz of water
- Each dose is followed by two additional 16-oz cups of water



SUTAB[®] (split-dose regimen)¹¹

Two SUTAB doses are required for a complete preparation:

- Dose 1 consists of 12 tablets and 16 oz of water
- Dose 2 consists of 12 tablets and 16 oz of water
- Each dose is followed by two additional 16 oz of water



Plenvu^{®*} (split-dose regimen)¹²

Two Plenvu doses are required for a complete preparation:

- Dose #1 consists of approximately 16 oz of Plenvu solution (112-gram



UNCH EXTENDED BOWEL PREP

- 6 days before colonoscopy: Start low fiber diet
- 3 days before colonoscopy: Take two 5 mg Bisacodyl tablets at 6 pm
- 2 days before colonoscopy: Start liquid diet
- 2 days before colonoscopy at 5 pm: Mix 8.3 ounce of Miralax with 64 oz of Gatorade and drink 8 ounces every 15-20 minutes
- 1 day before colonoscopy: Continue liquid diet
- 1 day before colonoscopy at 5 pm: Drink half of Golytely
- Day of colonoscopy: Finish Golytely

COMMON SIDE EFFECTS OF BOWEL PREPS

- Nausea.
- Abdominal distention.
- Dehydration.
- Abdominal cramps.
- Lightheadedness.
- Dizziness.
- Abnormal electrolytes like low potassium, low sodium, low magnesium and low chloride. These can cause seizures.

WHO SHOULD NOT BE PREPPED FOR A COLONOSCOPY!

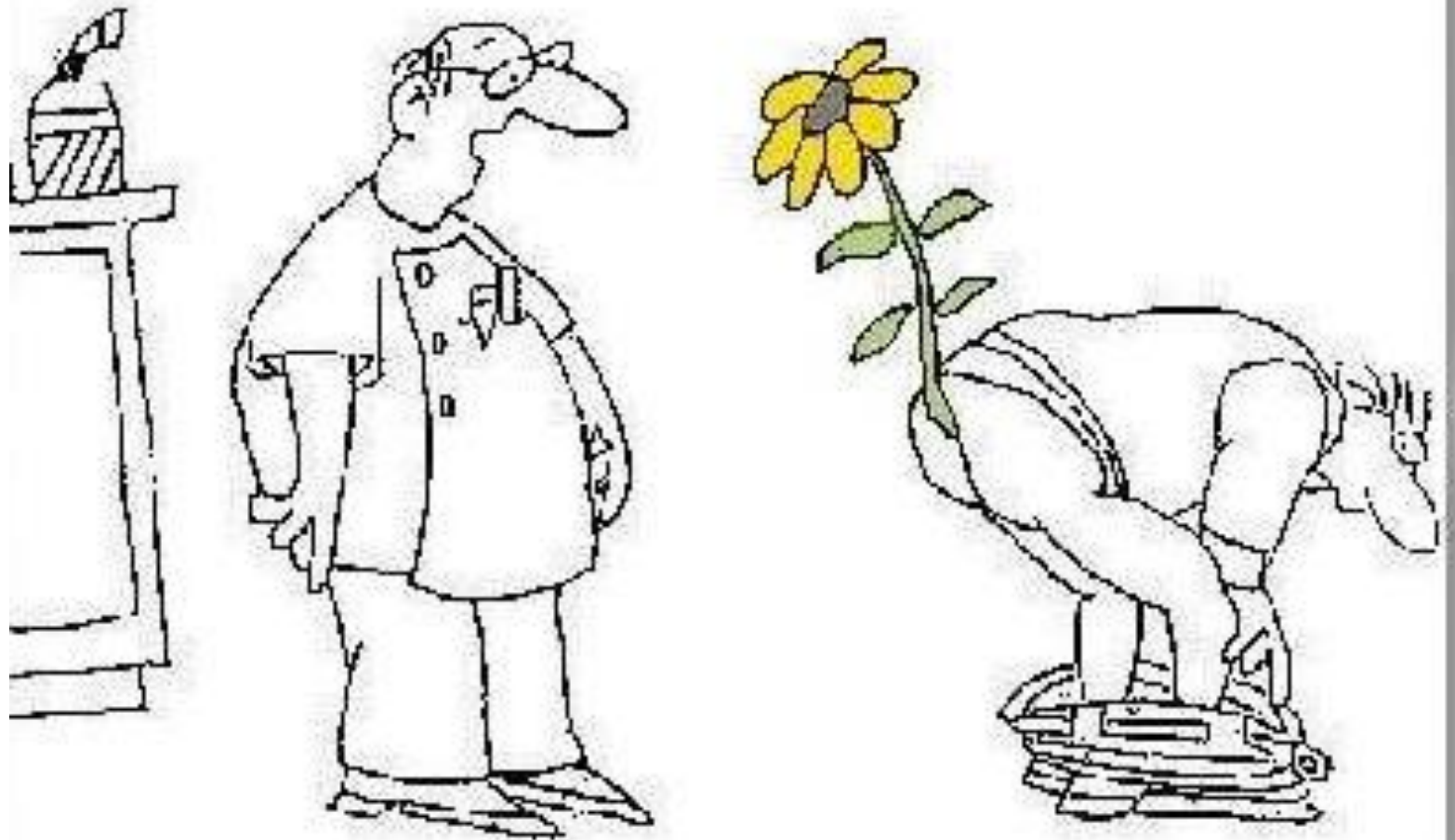
- Patients with hypersensitivity to any of the ingredients of the the bowel cleansing agent.
- Those with a gastrointestinal obstruction that will prevent passage of liquid into the intestine.
- Patients with an ileus.
- Unconscious patients.
- Inability to swallow. In certain cases, bowel cleansing agent can be given through a nasogastric tube.
- Patients with toxic colitis or toxic megacolon.

KIDNEY FAILURE PATIENTS

- Choose a PEG-based bowel cleansing.
- Take the bowel cleansing agent using the split dose bowel prep regimen.
- Do not schedule colonoscopy on the same day as your dialysis.
- If you are on peritoneal dialysis, antibiotics may be needed before your colonoscopy.

LOW FIBER DIETS-WHAT TO AVOID

- All seeds and nuts
- All berries and melons, raw fruit
- Vegetables with seeds, raw vegetables, fibrous vegetables
- Any beverage with pulp or seeds
- Any whole or multigrain breads, cereals, pasta
- Bran, corn bread, granola, oatmeal



"You're eating too much fiber."

LOW FIBER DIETS: WHAT I CAN EAT/DRINK

- Cooked or canned fruit without skin or seeds
- Tender, well cooked fresh, canned and frozen vegetables
- Cow's milk, cream, half & half, ice cream, cheese
- Cooked and tender meat and fish, creamy peanut butter, eggs, tofu, tuna fish
- Refined breads, rolls, bagels
- Refined, cooked or cold cereals
- White rice
- Refined pasta
- Potatoes or sweet potatoes without skin

LIQUID DIET

- Jello
- Fat-free milk, fat-free vanilla pudding, fat-free vanilla yogurt
- Clear broth
- Clear liquids

I CAN'T DRINK ALL OF THAT LIQUID!





Though important for your health, this is not something I wish upon people. Thankfully, I'm now good for another five years.

POOR BOWEL
PREP



GOOD BOWEL
PREP



UPPER ENDOSCOPY

- No solid food after 1159 pm the night before
- Stop drinking clear liquids 2 hours before
- If you have diabetes take only one-half the dose of long-acting insulin the night before the test
- Take any other medications with a small amount of liquid up to two hours before

FLEXIBLE SIGMOIDOSCOPY

- Clear liquid diet day before the test
- 8.3 oz of Miralax mixed in 128 oz of Gatorade: Drink one half start at 6 pm the night before the test
- Finish the bowel prep the morning of the test



OSTOMY PREP

- Clear liquid diet the day before the exam
- Mix half of an 8.3 oz bottle of Miralax in 64 oz of Gatorade and the other half in a second 64 oz of Gatorade
- Drink the first half the night before the exam and the second 64 oz the morning of the exam at least 4 hours prior to the exam



ANTICOAGULANTS

- Coumadin (warfarin)
- Eliquis (apixaban)
- Pradaxa (dabigatran)
- Xarelto (rivaroxaban)
- Brilinta (ticagrelor)
- Effient (prasugrel)
- Lovenox (enoxaparin sodium)

LOVENOX

- Given as an injection
- Used to temporary bridge patients who are on other anticoagulants





ANTIPLATELET

- Aspirin
- NSAIDs
- Plavix (Clopidogrel)

HERBAL SUPPLEMENTS

VARIOUS MECHANISMS THAT MAY IMPAIR COAGULATION

Black
Cohosh

Chamomile

Feverfew

Fish Oil

Garlic

Ginger

Ginkgo

Saw Palmetto

St John's
Wort

DIABETICS

- Schedule morning exams
- Long Acting Diabetic drugs (e.g. Lantus, Basaglar, Levemir, Tresiba)
- Short acting Diabetic drugs (e.g. Humulin, Humalog, Novolin, Novolog, Metformin, Glipizide)



OTHER MEDICATIONS

- Blood Pressure Medications: Lisinopril, Enalapril, Quinapril, Fosinopril, Captopril, Benazepril, Losartan, Valsartan, Azilsartan, Olmesartan, Candesartan, Eprosartan, Irbesartan, Telmisartan

CONCLUSIONS

- There are many choices of bowel preps for patients
- Importance of staying hydrated when taking bowel preps
- Bowel preps and kidney status
- Importance of knowing what medications your patients are taking
- Stay knowledgeable of what patients can eat on a low fiber diet and a clear liquid diet

QUESTIONS?

- Newest Great Grand Babies:
- Jaxson
- Avannah



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- [Sutab: Uses, Dosage, Side Effects, Warnings - Drugs.com](#)
- [SUPREP® BOWEL PREP KIT \(suprepkit.com\)](#)