

PREPARATING FOR YOUR COLONOSCOPY WITH IMT

Purchase the following supplies at www.mngi.com and click on Purchase Prep Kit two weeks prior to your procedure. Gatorade is not included in the prep kit and must be purchased separately at a local grocery store.

2 - Bisacodyl tablets

(Dulcolax® laxative NOT Dulcolax® stool softener) each tablet contains 5 mg of bisacodyl

1 - 8.3 ounce bottle of Polyethylene Glycol (PEG) 3350 Powder

(MiraLAX, SmoothLAX, ClearLAX or generic equivalent)

64 oz. Gatorade® (No red colored flavors)

Regular Gatorade®, Gatorade G2®, Powerade®, Powerade Zero®, Pedialyte or Propel® are acceptable. Red flavors are not allowed; all other colors (yellow, green, orange, purple, blue) are okay. It is also okay to buy two 2.12 oz packets of powdered Gatorade that can be mixed with water to a total volume of 64 oz of liquid.

1 - 10 oz. bottle Magnesium Citrate (No red colored flavors)

It is also okay for you to use a 0.5 ounce package of powdered magnesium citrate (17 grams) mixed with 10 ounces of water.

Cancel or Reschedule Your Appointment:

If you are having flu-like symptoms (such as fever, cough, shortness of breath) within 14 days of your appointment, please call to reschedule. If you develop COVID-19 after you schedule this appointment, please call our office. If you need to cancel or reschedule for any other reason, call 612-871-1145 at least 72 hours prior to your appointment.

Transportation:

You must arrange for a responsible adult to escort you to your procedure and stay at our facility for the duration of your procedure. A taxi ride is not an option unless you are accompanied by a responsible adult. If you fail to arrange transportation with a responsible adult that can stay for the duration of your procedure, your procedure will be cancelled and rescheduled.

7 days before:

- Discontinue fiber supplements and medications containing iron. This includes multivitamins with iron, Metamucil and Fibercon.
- Confirm a driver for your procedure.

3 days before:

- Begin a Low-Fiber Diet. A low fiber diet helps make the cleanout more effective.
 - Examples of a low fiber diet include (but are not limited to): white bread, white rice, pasta, crackers, fish, chicken, eggs, ground beef, creamy peanut butter, cooked/boiled vegetables, canned fruit, bananas, melons, milk, plain yogurt, cheese, salad dressing and other condiments.
 - The following are not allowed on a low fiber diet: seeds, nuts, popcorn, bran, whole wheat, corn, quinoa, raw fruits and vegetables, berries and dried fruit, beans and lentils.

For additional details on following a low fiber diet, please see <https://www.mngi.com/conditions/low-fiber-diet>

2 days before:

- Continue Low Fiber Diet.
- Drink at least 8 glasses of water throughout the day.

- Stop eating solid foods at **11:45 pm.**

1 day before:

- Begin Clear Liquid Diet (clear liquids include things you can see through).
 - Examples of a clear liquid diet include: water, up to one cup of black coffee or tea (no milk or cream) each day, clear broth or bouillon, Gatorade, Pedialyte or Powerade, carbonated and non-carbonated soft drinks (Sprite, 7-Up, Gingerale), strained fruit juices without pulp (apple, white grape, white cranberry), Jell-O and popsicles.
 - The following are not allowed on a clear liquid diet: red liquids, alcoholic beverages, dairy products, protein shakes, cream broths, juice with pulp and chewing tobacco.
- **At noon:** Take 2 Bisacodyl (Dulcolax) tablets
- **Between 4-6pm:** Drink Miralax – Gatorade preparation

Mix 1 bottle of Miralax with 64 oz. of Gatorade in a large pitcher.

Drink 1 - 8 oz. glass of the Miralax/Gatorade solution.

Continue drinking 1 - 8 oz. glass every 15 minutes thereafter until the mixture is gone.

Colon Cleansing Tips: Drink adequate amounts of fluid before and after your colon cleansing to prevent dehydration. Stay near a toilet because you will have diarrhea. Even if you are sitting on the toilet, continue to drink the cleansing solution every 15 minutes. If you feel nauseous or vomit, rinse your mouth with water, take a 15 to 30-minute break and then continue drinking the solution. You will be uncomfortable until the stool has flushed from your colon (in about 2-4 hours). You may feel chilled.

Day of your procedure:

Ensure that your bathroom is cleaned following the bathroom cleaning instructions below. After your bathroom is clean, you should not use it again until after your procedure.

You may take all of your morning medications including blood pressure medications, blood thinners (if you have not been instructed to stop these by our office), methadone, anti-seizure medications with sips of water **3 hours prior to your procedure or earlier**. If you have diabetes, contact your monitoring provider for further direction on insulin and/or blood sugar management.

Continue the Clear Liquid Diet up to **3 hours prior to your procedure**, then stop drinking. Avoid red liquids, dairy products, protein shakes, alcoholic beverages, chewing tobacco and illicit drugs. Use of these will result in your procedure being canceled.

- **4 hours prior to your procedure time** (Example: 3:30am for a 7:30am procedure)
 - Drink 10 oz magnesium citrate.
- **3 hours prior to your procedure time:** (Example: 4:30am for a 7:30am procedure)
 - STOP consuming all liquids.
 - Do not take anything by mouth during this time.
 - Allow extra time to travel to your procedure as you may need to stop and use a restroom along the way.

You are ready for the procedure if you followed all instructions and your stool is no longer formed, but clear or yellow liquid. If you are unsure whether your colon is clean, please call our office at 612-871-1145 before you leave for your appointment.

Bring the following to your procedure:

- Insurance Card / Photo ID
- List of Current Medications including over-the-counter medications and supplements
- Bring your rescue inhaler if you currently use one to control asthma

- Bring contact lens supplies as you will be asked to remove contact lenses prior to the start of your procedure

DESCRIPTION OF COLONOSCOPY WITH INTESTINAL MICROBIOTA TRANSPLANT (IMT)

What is colonoscopy with IMT?

All people need helpful bacteria in their digestive system for it to work properly. Sometimes there is an imbalance of helpful and harmful bacteria. For those with severe or chronic *C. difficile* colitis, intestinal microbiota transplantation from donor material is used to rebalance the bacteria in the digestive tract to help resolve symptoms. Intestinal microbiota transplant donors are screened and undergo testing for many common communicable diseases to ensure that the procedure is done as safely as possible.

Preparation for colonoscopy with IMT

To produce the best results, you will drink a bowel cleansing preparation to help clean out your colon. Even if your stools are clear, it is important to take all of the colon prep as directed because your body is always making fluid and small polyps can hide behind this fluid.

To ensure the success of your intestinal microbiota transplant (IMT) procedure, you must have your bathroom(s) cleaned. Coming home to an unclean bathroom after your IMT might give *C. diff.* a chance to infect your gut again. Please see below for specific bathroom cleaning instructions.

What happens during a colonoscopy?

Plan to spend up to 2 hours at the endoscopy suite the day of your colonoscopy. The procedure itself takes about 20-30 minutes to complete.

Before the procedure:

Your medical history will be reviewed with you by your health care team including a nurse and your gastroenterology physician. An IV line will be placed.

During the procedure:

During this procedure, a colonoscope will be inserted into the anus and advanced slowly through the colon. The doctor will inject intestinal transplant material into your colon or terminal ileum through the colonoscope. Your healthcare team will administer medications and monitor vital signs. While most patients sleep through the procedure, some remain awake and aware. If abnormal tissue or polyps are found, the physician will determine if they can be removed safely, though you may be asked to return for another procedure.

What happens after the procedure?

The physician will talk with you about the initial results of your procedure and will prepare a full report for the healthcare provider who referred you for the colonoscopy. You may have some cramping or bloating after the procedure which is normal and should disappear quickly by passing gas.

You may resume most of your regular activities the day after the procedure. However, medication given during the procedure will prohibit you from driving for the rest of the day. You are also advised to avoid air travel for 24 hours following your procedure. You may resume your normal diet, but alcohol should be avoided until the next day after your procedure.

Are there possible complications with colonoscopy?

Although serious complications are rare, any medical procedure has the potential for risks. Risks from the colonoscopy include perforation, or a tear through the lining of the colon, bleeding, reaction to medications, or heart and lung problems.

In addition, there is also a risk from the intestinal microbiota transplant for transmission of infectious organisms (bacterial, viral, fungal, parasitic) contained in the stool; missed polyp, cancer or other lesions; allergic reaction to antigens in donor stool; increased colitis activity in patients with underlying inflammatory bowel disease; and a theoretical risk of developing disease which may be related to donor gut bacteria (obesity/metabolic syndrome, autoimmune conditions, allergic/atopic disorders, neurologic disorders, malignancy).

More Information

The use of intestinal microbiota transplantation products to treat *C. difficile* infection is investigational. IMT donors are screened and tested for many common infections and diseases. It is not possible to test donors for all possible infections. Some infections may not be able to be detected.

Patients with severe *C. difficile* have a high risk of dying from this condition even with treatment. IMT may not help. Your condition could worsen, improve, or stay the same with IMT.

BATHROOM CLEANING INSTRUCTIONS

To ensure the success of your intestinal microbiota transplant (IMT) procedure, you must have your bathroom(s) cleaned. Coming home to an unclean bathroom after your IMT might give *C. diff.* a chance to infect your gut again.

Ask a family member or friend, or hire a cleaning service to clean your bathroom while you are having your IMT. If you must do the cleaning yourself, do so just before you leave for your procedure. After the bathroom is clean, you should not use it again until after your IMT.

To thoroughly clean your bathroom, you will need the following items:

Bleach*
Water
Bucket
Measuring cup
Clean rags
Clean sponge
Trash bag
Rubber gloves

*It is **very important** that you use bleach (like Clorox) and not a different cleaning agent.

For your protection, **wear rubber gloves** throughout this process.

- Prepare the cleaning solution. Mix 1 cup of bleach with 9 cups of water in your bucket.
- Wipe away any stool you can see with the clean rag. Throw the rag away when done.
- Wet the sponge in your cleaning solution, and scrub everything – hard!
- Continue to wet the sponge as necessary while cleaning

C. diff. bacteria can hide on many surfaces in your bathroom, not just the toilet. Make sure your scrubbing includes the following high-touch areas such as the toilet, sink, shower, tub, faucet and door handles.

Allow for the cleaned bathroom to dry for 10 minutes before entering again.

Once you are done cleaning all the bathrooms in your home, you should dispose of the gloves, sponges and rags in a garbage bag. Be sure to place this bag in your outside trashcan.

Finally, wash your hands and arms up to your elbows with soap and water in a different sink.