

PROS AND CONS OF AVAILABLE PREP OPTIONS

TRADITIONAL PRESCRIPTION

Medication	Pros	Cons
Brand Names: GoLYTELY®, Colyte®, NuLYTELY®, TriLyte®, GaviLyte™ Medication: 4L polyethylene glycol (PEG)	Effective & readily available. Gentle for people with IBS symptoms. Readily covered by insurance. No significant shift in the body's electrolyte balance.	Large volume. Can be difficult to complete the entire prep. Unappealing taste.

MODERN PRESCRIPTION

Medication	Pros	Cons
Brand Names: MoviPrep®, Plenvu®, SUFLAVE™ Medication: Low volume polyethylene glycol (PEG) with sulfate	Low volume. Most effective & readily available. Gentle for people with IBS symptoms. No significant shift in electrolytes. Reported higher tolerability by patients.	Use with caution in people with kidney problems or heart arrhythmias. Cost varies by insurance plan, co-pay, and deductible.*
Brand Names: SUPREP® Medication: Sulfate	Low volume. Most effective & readily available. Gentle for people with IBS symptoms. No significant shift in electrolytes. Reported higher tolerability by patients.	Use with caution in people with kidney problems or heart arrhythmias. Cost varies by insurance plan, co-pay, and deductible.*
Brand Name: SUTAB® Medication: Oral sulfate tablets (OST)	Highly effective. Tablets. No taste. Low volume. Reported higher tolerability by patients.	May be difficult for patients who have trouble swallowing pills. Not studied in people with kidney problems, electrolyte problems, heart failure, or during pregnancy. Cost varies by insurance plan, co-pay, and deductible.*
Brand Name: CLENPIQ® Medication: Sodium picosulfate + Magnesium oxide	Effective. Low volume. Safe for children. Tolerable taste. Doesn't need to be mixed or diluted.	Can cause severe dehydration and electrolyte imbalance. Not safe for people with severe kidney problems. Slightly lower efficacy than other modern low-volume options. Cost varies by insurance plan, co-pay, and deductible.*

OVER THE COUNTER

Medication	Pros	Cons
Brand Name: Miralax® + Gatorade® with or without additional laxative Medication: PEG3350 with or without Magnesium citrate or bisacodyl	Effective. Available over the counter. Potentially lower cost depending on coverage. Reported higher tolerability by patients.	Not FDA approved for colonoscopy prep. Not covered by insurance. Less effective than some prescription preps. Can cause electrolyte problems. Magnesium citrate not recommended for patients with kidney, liver, and/or heart diseases or for older adults.

**Visit the manufacture's website about savings offers or coupons available for these prescriptions.*

Talk with your doctor about your preferences and discuss your options. Always use the bowel prep medication your doctor prescribes.

QUESTIONS TO ASK:

Your gastroenterologist

- I'm concerned about the taste and volume of the prep, what are my options?
- Do my current health conditions or medication affect which colon prep drug is appropriate for me?
- I had a bad experience using XYZ prep the last time, do I have other options this time?

Your insurance company

- Is my preferred colonoscopy prep covered by my insurance plan?
- How do I appeal coverage for an FDA approved colonoscopy prep that has been denied insurance coverage?



Colorectal cancer is the No. 2 cancer killer for both men and women in the United States.

Approximately 150,000 Americans are diagnosed and over 50,000 lose their life each year. Fortunately for many people colorectal cancer is treatable when caught early through screening. Colorectal cancer can also be prevented when a polyp is removed through colonoscopy.

Screening for colorectal cancer, including colonoscopy, should start at age 45 for average risk people, earlier if you have a family history or have symptoms.

What is a Colonoscopy?

During a colonoscopy your doctor examines the inside of your colon looking for small growths called polyps, which may be pre-cancerous. Other abnormalities may also be identified during the exam. Polyps can be found and removed before cancer can develop. Colonoscopies also allow the physician to obtain biopsies of any tissue that appears abnormal.

Colonoscopy is just one of several choices available for colorectal cancer screening, including other low-cost, non-invasive options that can be done at home, or blood tests through a doctor's office. If abnormal results are found with these alternatives, a follow-up colonoscopy is needed. Ultimately, you should talk to your doctor to consider what is best for you and your individual risk factors.

Importance of a Clean Colon

Having a clean colon is key to a successful colonoscopy. A clean colon allows your gastroenterologist to examine the entire colon to find and remove polyps. Unfortunately, up to a quarter of all colonoscopies are performed without adequate bowel cleansing resulting in a less complete colonoscopy and the need for a repeat examination.

All colonoscopy prep medications can cause discomfort including cramping, bloating, nausea, or even vomiting. Finding a bowel prep medication that has both tolerable taste and side effects, but is also effective, is important when it comes to the outcome of your colonoscopy.

COLORECTAL CANCER RISK FACTORS

Risk factors you can control:

- Don't smoke or vape, and quit if you are.
- Limit alcohol consumption (less than 1 to 2 drinks per day).
- Exercise and maintain a healthy diet high in fiber, fruits, and vegetables, and low in red and processed meats (hot dogs, ground beef, salami, etc.).

Risk factors you can't control:

- Your age (risk increases over the age of 45).
- Personal history of Crohn's disease or ulcerative colitis.
- A family history of colon and other cancers, as well as polyps.

Colonoscopy Prep Tips From Patients

- Most patients report the prep is the hardest part of the colonoscopy
- Start a low residue diet a couple days before
- Chill the liquid mixture
- Use a straw at the back of the mouth
- Suck on a piece of hard candy while drinking
- Talk to your doctor about ways to prevent nausea, including anti-nausea medication
- Add flavoring to the clear liquid preps (as directed or approved by your doctor, not red or purple)

GET YOUR REAR IN GEAR®

TOUR de
TUSH | CABOOSE
CUP

Get Your Rear in Gear®, Tour de Tush®, and Caboose Cup™ are the signature fundraising events of the Colon Cancer Coalition. Held in nearly 40 cities annually, funds raised stay in local communities to build screening, awareness, and patient support programs.

Find an event near you at
coloncancercoalition.org/events

For more information about colon cancer, visit:
coloncancercoalition.org

Help us increase awareness by
liking, sharing, and following us.



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COLONOSCOPY PREP OPTIONS



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