

43944 15th Street West, Ste 201  
Lancaster, CA 93534  
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# Bowel Preparation Instructions for Colonoscopy

Patient's Name: \_\_\_\_\_

Date of Appointment: \_\_\_\_\_

Arrival Time: \_\_\_\_\_ Procedure Time: \_\_\_\_\_

- Please pick up your prescription 6 days before your procedure.
- If you need to cancel, call 3 business days before your procedure or there will be a **\$125 cancellation fee** and you will have to reschedule your office visit appointment with Dr. Tyagi.
  - **It is the Apollo Surgery Center's policy that you will not be allowed to drive yourself home or take a ride sharing service such as an Uber/Lyft unless you have a responsible adult riding with you.** This could be a family member, friend or neighbor. This chaperon is encouraged to stay with you for the remainder of the day to assist you.
- Bring a photo ID, insurance card and medication list with you.
- Keep in mind that the actual start time of your colonoscopy is tentative and sometimes endoscopy clinics are delayed.

**\*\*If you have any questions, please call Apollo Surgery Center at 661-529-4700 and Gastro at 661-529-7550\*\***

## MEDICATIONS:

- Stop taking **7 days** before the procedure:
  - Ozempic
- Stop taking **5 days** before the procedure:
  - Aspirin, Iron, Plavix, Effient, Ticlid.
- Stop taking **3 days** before the procedure:
  - Coumadin (warfarin)
- Stop taking **2 days** before the procedure:
  - Ibuprofen, Naproxen, Advil, Aleve, Motrin, Meloxicam, Diclofenac sodium
  - Pradaxa (dabigatran), Xarelto (rivaroxaban), Eliquis
- Stop taking **1 day** before the procedure:
  - Diabetes medications the night before the procedure and the morning of the procedure.

- Day of the procedure: (4 hours before the procedure), it is okay to take a few sips of water to take medicine.
  - Blood pressure medications - Analgesics - Inhalers for asthma and COPD - Thyroid - Seizure - Anxiety
  - Valium - Xanax - Allergy
- **Bring your inhaler or COPD medication with you to the procedure. You may need to take it before the procedure.**
- **Amoxicillin: stop taking the evening before procedure or the morning of procedure.**

*Ask your doctor when you can restart the medicine you were told to stop.*

## 5 Days Before Your Colonoscopy

### **DO NOT EAT ANY FOODS THAT ARE HARD TO CLEAN FROM YOUR COLON, SUCH AS:**

- Popcorn, nuts, beans, seeds, multigrain breads, pork, ground beef or red meat, no brown rice
- All vegetables and fruits (fresh or dried) that contain seeds, skin
- Stop taking all fiber supplements (Metamucil, Fiber One, Benefiber, etc.) and/or herbal medication

**\* FOR PATIENTS ON DAILY DOSING, DO NOT TAKE THE MEDICATION ON THE DAY OF THE PROCEDURE/ SURGERY. FOR PATIENTS ON WEEKLY DOSING, DO NOT TAKE THE INJECTION OR MEDICATION ONE WEEK PRIOR TO THE PROCEDURE/SURGERY. SOME OF THESE MEDICATIONS INCLUDE THE FOLLOWING:**

Dulaglutide (Trulicity), Exenatide (Byetta), Exenatide ER (Bydureon BCise), Liraglutide (Vicosta), Lixisenatide (Adlyxin), Semaglutide (SQ Ozempic), Semaglutide (Rybelsus tablets), Semaglutide (Wegovy), Tirzepatide (Mounjaro)

## 1 Day Before Your Colonoscopy

**You will be on an all-clear, liquid diet.**

### **DO NOT EAT ANY SOLID FOOD.**

- **Only drink clear liquids ALL DAY before your colonoscopy.**
- Drink at least 8 ounces of water every 2-3 hours after waking up (unless you have fluid restriction).
- You should drink all of your solution as directed to cleanse your bowel properly. You may experience loose stools, nausea, vomiting and stomach discomfort.
- **Do not take your diabetes medication at night.**



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**GASTRO CARE INSTITUTE**

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### Clear Liquid Diet - All Day

- NO: Red, Green, Purple or Blue food dye.
- NO: Solid Foods
- NO: Alcoholic Drinks
- NO: Dairy Products
- No: Smoothies/Protein Drink

### Okay to Have

- Water
- Black tea and coffee without milk or creamer.
- Flavored water without red or purple tint
- Clear and light-colored juices such as apple, white grape, lemonade without pulp, white cranberry, coconut water
- Light broth: chicken, beef or vegetable
- Clear, carbonated and carbonated drinks. (Sprite, Seven up)
- Sports drinks like Gatorade and Propel (light colors only)
- Popsicles without fruit or cream; No red or purple tint
- Jelly or other gelatin without fruit; No red or purple tint
- Boost Breeze Tropical Juice Drink

### NULYTELY/ GOLYTELY INSTRUCTIONS FOR MORNING & AFTERNOON COLONOSCOPY

- Nulytely/Golytely: add water to fill the line. You can add flavoring like Crystal light (do not use flavors that are red, blue or purple).
- You may find it easier to drink if chilled in the refrigerator.
- For most patients, rapidly drinking a glassful with a straw is better than sipping.

<b>If your appt. time is:</b>	<b>6 A.M. - 7:45 A.M.</b>	<b>8 A.M. - 12:45 P.M.</b>
Miralax: Mix 3 Doses in 8 oz. glass water and drink	<b>5pm</b> in the evening before procedure	<b>5pm</b> in the evening before procedure
Nulytely/Golytely: Drink ½ gallon of solution.	<b>6pm</b> the evening before procedure.	<b>6pm</b> in the evening before the procedure.
Take 3 Dulcolax pills with water	<b>9pm</b> in the evening before procedure.	<b>9pm</b> in the evening before procedure.
Nulytely/ Golytely: Drink remaining ½ gallon of solution.	Start at <b>10pm</b>	Start at <b>10pm</b>
Take 3 Dulcolax pills and 3 Doses of Miralax in 8 oz. glass water	<b>1am</b>	<b>3 hours before procedure</b> 1 Bottle Magnesium Citrate

**\*\*PLEASE DO NOT DRINK ANY LIQUIDS INCLUDING COFFEE OR WATER 4 HOURS PRIOR TO YOUR PROCEDURE\*\*** *Unless it is the Prep Medicine*

- **DO NOT CHEW GUM THE DAY OF YOUR PROCEDURE**
- PLEASE REFRAIN FROM ANY **CANNABIS** USAGE BEFORE YOUR PROCEDURE. IT MAY RESULT IN CANCELLING YOUR PROCEDURE
- Please don't add lotion to the chest area.
- We highly encourage the patient to wear comfortable loose clothing and slip on shoes, for example Crocs.
- Leave all valuable items at home including dentures and jewelry.
- No weapons.
- Remove nose and tongue piercings.



**YOU CAN BUY THIS OVER THE COUNTER AT THE STORE**