

1331 W. Ave. J, Ste. 202
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Colonoscopy Bowel Preparation Instructions

Patient's Name: _____

Your Appointment is set for

Date: _____ Arrival Time: _____ Procedure Time: _____

Review instructions every morning for 6 days till the day of your procedure. Fill your prescription 6 days prior to your procedure and buy your magnesium citrate (over the counter \$0.97 or \$1.07) and store it in a refrigerator.

We must receive your cancellation request 3 working days prior to your procedure date. Cancellation notices that are received less than 3 working days prior to procedures will result in a \$25 cancellation fee, or you will have to reschedule your office visit appointment with Dr. Tyagi.

SPECIAL NOTE

You must have a designated driver (family or friend) on the day of your procedure to pick you up and drive you home. You cannot leave alone. You cannot use a taxi, UBER, Lyft or a bus to leave the procedure center.

5 Days Before Your Colonoscopy

Please store your preparation in a refrigerator as soon as it's received.

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.
- All vegetables and fruits (fresh or dried).
- Stop taking all fiber supplements (Metamucil, Fiber One, Benefiber, etc.) and/or herbal medication.

MEDICATIONS:

- Stop taking **5 days** before procedure:
 - Blood thinners, Aspirin, Baby Aspirin, Iron, Plavix, Effient, Ticlid
- Stop taking **3 days** before procedure:
 - Coumadin (warfarin)
- Stop taking **2 days** before procedure:
 - Ibuprofen, Naproxen, Advil, Aleve, Motrin, Meloxicam, Diclofenac sodium
 - Pradaxa (dabigatran), Xarelto (rivaroxaban), Eliquis
- Stop taking **1 day** before procedure:
 - Diabetes medication in the evening before procedure and in the morning on the day of procedure.

Always ask your Gastroenterologist for instructions for when to resume taking medications that have been stopped and if it's safe.

1 Day Before Your Colonoscopy

You will be on an all-clear, liquid diet. Only drink clear liquids the ENTIRE DAY before your colonoscopy.

DO NOT EAT ANY SOLID FOOD.

Clear Liquid Diet

- NO: Red, Green, Purple, or Blue food coloring.
- NO: Solid Foods
- NO: Alcoholic Drinks
- NO: Dairy Products

Okay to Have

- Water
- Tea and black coffee without any milk, cream, or lightener.
- Flavored water without red or purple dye.
- Clear, light-colored juices such as apple, white grape, lemonade without pulp, white cranberry, coconut water.
- Clear broth: chicken, beef, or vegetable.
- Clear sodas and carbonated drinks. (Sprite, 7-Up)
- Sports drinks such as Gatorade and Propel (light colors only)
- Popsicles without fruit or cream; no red or purple dye.
- Jell-O or other gelatin without fruit; no red or purple dye
- Boost Breeze Tropical Juice Drink

Drink at least 8 ounces of clear liquid every 2-3 hours after waking up (unless on fluid restriction).

You must drink all your solution as directed to clean your bowel adequately even if you suffer from diarrhea.

Do not take your diabetes medication in the evening.

INSTRUCTIONS FOR NULYTELY PREP FOR MORNING COLONOSCOPY

- When preparing your Nulytely, add water to the fill line. You can add flavoring like Crystal Light (don't use flavors that are red, blue, or purple).
- You may find it easier to drink if it is chilled in the refrigerator.
- For most patients, rapidly drinking a glassful is better than sipping.

APPOINTMENT TIME BETWEEN 6AM – 12PM

If your appt. time is:	6am – 8am	8:15am – 12pm
Start drinking Nulytely, drink ½ gallon.	6pm the evening before procedure.	6pm the evening before procedure.
Take 3 Dulcolax pills with water.	6pm the evening before procedure.	6pm the evening before procedure.
Try to finish remaining ½ gallon Nulytely.	10:00pm	10:00pm
Take 300ml magnesium citrate and take 3 Dulcolax pills.	1:00am	5:00am

We look forward to seeing you for your scheduled procedure. Please sign below stating that you have reviewed the preparation instructions together with the nurse.

Signature: _____ Date: _____

If you have any questions, please call our office at

661-529-7550

DAY OF YOUR COLONOSCOPY

- Do not take your diabetes medication today.
- Please ask the doctor when you can restart medication that you were told to stop.
- Take all your normal medications (seizures, blood pressure medication, etc.).
- Bring your inhaler or COPD medication with you to the procedure. You may need to take it before the procedure.
- Bring your photo ID, your insurance card, and a list of medications with you.
- You are not allowed to leave alone after the procedure. Make sure you have a designated driver to take you home.
- Please realize that the actual start time of your colonoscopy is tentative and sometimes endoscopy clinics run behind schedule.

INSTRUCTIONS FOR PREPARATION FOR AFTERNOON COLONOSCOPY

- Drink one (1) 8 ounce glass of the prep every 20 minutes, starting 8 hours before your appointment.
- You will take 3 Dulcolax pills with water at the end of ½ gallon.
- Drink 300ml of magnesium citrate and 3 Dulcolax pills together 3 hours before the procedure.

If your appt. time is:	12:30-1:30pm	1:30-2:30pm	2:30-3:30pm	3:30-4:30pm
Start drinking Nulytely	4am	5am	6am	7am
Take 3 Dulcolax pills with water	4:30am	5:30am	6:30am	7:30am
Try to finish Nulytely	6:30am	7:30am	8:30am	9:30am
Take 3 Dulcolax pills with magnesium citrate	9am	10am	11am	12pm



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