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# Bowel Preparation Instructions for Colonoscopy

Patient's Name: \_\_\_\_\_  Apollo  
Date of appointment: \_\_\_\_\_  AEPC  
Arrival Time: \_\_\_\_\_ Procedure Time: \_\_\_\_\_  AVMC  
 AHTV  RRH

- 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 your Doctor
  - **YOU MUST HAVE A DRIVER (FAMILY MEMBER OR FRIEND) ON THE DAY OF THE PROCEDURE TO PICK YOU UP.**
  - **YOU CAN'T LEAVE ALONE.**
  - **YOU CAN'T USE A TAXI, UBER, LYFT, OR A BUS TO GET OUT OF THE PROCEDURE CENTER.**
- Bring a photo ID and 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 661-520-4994\*\****

## MEDICATIONS:

- Stop taking **7 days** before procedure:
  - Ozempic
- Stop taking **5 days** before procedure:
  - 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 medications the night before the procedure and in the morning on the day of the procedure.

**\* 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:**

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

Day of the procedure: (3 hours before the procedure), it is **okay** to take a few sips of water.

- **Blood pressure medications**
- **Analgesics**
- **Inhalers for asthma and COPD**

**BRING YOUR INHALER OR COPD MEDICINES WITH YOU TO THE PROCEDURE.  
YOU MAY NEED TO TAKE IT BEFORE THE 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.
- All vegetables and fruits (fresh or dried).
- Stop taking all fiber supplements (Metamucil, Fiber One, Benefiber, etc.) and/or herbal medication.

## 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 clear liquid 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, even if you suffer from diarrhea.
- **Do not take your diabetes medicine at night.**



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**GASTRO CARE INSTITUTE**

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### Clear Liquid Diet

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

### Okay to Have

- Water
- Black tea and coffee without milk, cream or rinser.
- 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 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).
- Drink one (1) 8 ounces glass of the prep every 20 minutes.

**\*\*Please DO NOT have any Liquids 3 hours prior your procedure\*\***

- **DO NOT** chew gum day of procedure.
- **DO NOT** smoke day of procedure.

<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 with 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> Finish by <b>1am</b>	Start at <b>10pm</b> Finish by <b>1am</b>
Take 3 Dulcolax pills and 3 Doses of Miralax	<b>1am</b>	-
Take 3 Dulcolax pills	-	<b>1am</b>
Take 3 Doses of Miralax	-	<b>3 Hours Before Procedure</b>

**\*\*PLEASE DO NOT HAVE ANY LIQUIDS; INCLUDES COFFEE, WATER  
4 HOURS PRIOR YOUR PROCEDURE\*\***

- **DO NOT CHEW GUM DAY OF YOUR PROCEDURE**
- PLEASE REFRAIN FROM ANY **CANNABIS** USE BEFORE YOUR PROCEDURE, IT MAY RESULT CANCELLING YOUR PROCEDURE
- 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.
- NO WEAPONS.

