



Welcome to your South Bay Gastroenterology Prep. We understand that preparing for this procedure may not be the most enjoyable experience, but it is an important step toward ensuring your health and well-being. Our goal is to make this process as smooth and comfortable as possible, and we're here to support you every step of the way in your journey toward a happy, healthy life.











## Colonoscopy Preparation Instructions

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### **One Week Before Your Procedure**

- Purchase all necessary supplies.
  - Start following the Dietary Guidelines in the preparation instructions.
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### **Purchase the Following Items**





-  **Clear Liquids:**
    -  Mineral water, smart water, clear fruit juices (without pulp)
    -  Clear carbonated and non-carbonated drinks
    -  Clear broth (low-fat chicken, bone, vegetable flavor) No solids
    -  Popsicles, Jell-O (any color but red), coffee, tea (without milk or cream)
  -  **Laxatives & Medications:**
    -  Dulcolax 5mg tablets
    -  8oz bottle of Miralax (purchase an extra bottle if needed)
    -  64oz bottle of sports drink or water
    -  Desitin, Vaseline, or hemorrhoid cream/ointment
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# Dietary Guidelines

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## **Avoid High-Fiber Foods**

 Do not eat the following, as they may be difficult to clear with laxatives:

-  High-grain bread, oatmeal, cereal, granola
-  Nuts, seeds
-  Raw or dried stringy and fibrous vegetables or fruits
-  Beans, corn, popcorn




## **Approved Foods**




 You may eat the following:

-  **Grains:** Cream of wheat, white rice, pasta, noodles
-  **Vegetables:** Cooked vegetables (without high fiber content, seeds, or skin)
-  **Fruits:** Banana, soft cantaloupe, honeydew, avocado
-  **Protein:** Chicken, fish, beef, pork, tofu, eggs
-  **Fats & Dressings:** Margarine, butter, sauces, dressings
-  **Dairy & Snacks:** Hard candy, popsicles, yogurt, cheese

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## **One Day Before Your Procedure**

 **Stop all solid foods** and drink only clear liquids.  **Prepare Miralax solution:** Mix 8oz of Miralax with 64oz of Gatorade, chill if preferred.  **Take Laxatives:**

-  **11 AM - 2 PM:** Take **4 Dulcolax tablets** (20mg total) with at least 8oz of water.
  -  **3 PM - 6 PM:** Drink **32oz of Miralax/Gatorade solution** (half of the total amount), then drink an additional 16oz of clear liquids.
  -  Expect **significant diarrhea**—stay close to a toilet. You may experience mild bloating, cramps, or nausea; drinking the prep slowly may help alleviate symptoms.
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## **Day of Procedure**

-  **Set an alarm** for 6-8 hours before your scheduled procedure time.
-  Drink the remaining **32oz of Miralax/Gatorade solution**, then drink another **16oz of clear liquids**.
  - **Example:** If your procedure is at **7 AM**, drink the second half between **11 PM - 1 AM**.
  - If scheduled for **10:30 AM**, drink the solution between **2:30 AM - 4:30 AM**.
-  **After finishing prep:** Stop drinking any liquids **6 hours before your procedure**.
  -  **Avoid chewing gum, smoking, vaping, or anything that increases saliva production.**
  -  **Exception:** Heart or blood pressure medications can be taken with a small sip of water 4 hours prior.

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## **Frequently Asked Questions**

-  **How long does the procedure take?**
    - Approximately 15-30 minutes.
  -  **Why Is Bowel Preparation Important?**
    - Proper bowel preparation is essential for a successful colonoscopy. A thoroughly cleansed colon allows for clear visibility, enabling accurate detection of polyps, lesions, or other abnormalities. Inadequate preparation can obscure important findings and may require the procedure to be repeated.
  -  **What If My Procedure Is Delayed?**
    - Although every effort is made to adhere to scheduled appointment times, occasional delays may occur due to unforeseen circumstances. We appreciate your patience and understanding.
  -  **Nausea During Previous Colonoscopy Preparation**
    - If you experienced nausea during your last colonoscopy prep, consider starting the preparation process earlier. Allowing more time can help your body adjust gradually, potentially minimizing discomfort and improving overall tolerance of the prep regimen.
  -  **Inadequate Bowel Preparation During Previous Colonoscopy**
    - If you experienced insufficient bowel cleansing during a prior colonoscopy especially if you are prone to constipation, be sure to inform your physician. They may recommend adjusting the preparation protocol, such as starting the prep earlier and increasing the dosage or duration of laxatives, to ensure optimal results for your next procedure.
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## Scheduling & Planning

Call: 310-539-2055 to schedule your procedure.

Procedure Location: \_\_\_\_\_

Physician Name: \_\_\_\_\_

Arrange Transportation: \_\_\_\_\_

- A responsible adult **must** accompany you home.
- If unavailable, use a **non-emergency medical transport service**.
- **Medication Adjustments:**
  - Discuss blood thinners (e.g., Coumadin, Plavix, Eliquis) with your physician.
  - **GLP-1 agonists for weight loss or diabetes** should be stopped prior to procedure:
    - **Hold 7 days before:** Trulicity, Bydureon, Mounjaro, Ozempic, Wegovy, Rybelsus, Zepbound
    - **Hold 1 day before:** Byetta, Saxenda, Victoza, Adlyxin
  - **Diabetic medications may need adjustments.**
  - **DO NOT stop taking heart or blood pressure medications.** Take them at least **4 hours** prior to your procedure with a small sip of water.

## Final Checklist

**One week before procedure:** Purchase supplies and start dietary changes. **One day before procedure:** Follow clear liquid diet and take laxatives. **Day of procedure:** Complete laxative prep, stop drinking liquids on time, and arrive as scheduled.

Procedure Date: \_\_\_\_\_

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

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

The goal is to ensure a clear inspection of your colon, with no stool obscuring potential polyps or lesions. Inadequate preparation may result in the need to reschedule your procedure rather than proceeding with an incomplete exam.