



Getting Ready For Colonoscopy

Please read this instruction booklet at least
ONE WEEK BEFORE your procedure.

Appointment information:

PROCEDURE DATE: _____

ARRIVAL TIME TO FACILITY: _____

PROCEDURE TIME: _____

DIETARY GUIDELINES

1 WEEK PRIOR TO PROCEDURE

Avoid High-Fiber Foods

Do not eat the following at least 1 week prior to procedure, 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

IMPORTANT: Finish the entire bowel preparation and make sure your stool is see-through. If your bowel is not clean enough, your procedure may need to be rescheduled.

PLAN AHEAD:

- Purchase prep items ahead of time. NO prescriptions are needed.
- Discuss medications and existing health conditions with your doctor.
- If you normally take blood pressure medication in the morning, take it 4 hours prior to your procedure with a small sip of water.

Questions? Call our office at 310-325-6331 before your procedure day for clarification.

MEDICATION GUIDELINES

Medication	When to stop taking
<u>ANTI-DIARRHEA & IRON MEDS</u> • Imodium • Kaopectate • Lomotil • Iron Supplements	STOP 7 DAYS BEFORE PROCEDURE DAY (TIMING VARIES, CONSULT YOUR PRESCRIBING DOCTOR)
<u>BLOOD THINNERS</u> • Aspirin • Ibuprofen • Warfarin • Eliquis • Xarelto • Coumadin	STOP PRIOR TO PROCEDURE DAY (TIMING VARIES, CONSULT YOUR PRESCRIBING DOCTOR)
<u>GLP-1 MEDS (WEEKLY)</u> • Any weekly GLP-1 meds • Trulicity • Bydureon • Mounjaro • Ozempic • Wegovy • Rybelsus • Zepbound	STOP 7 DAYS PRIOR TO PROCEDURE DAY
<u>GLP-1 (DAILY)</u> • Any daily GLP-1 meds • Byetta • Saxenda • Victoza • Adlyxin • Mounjaro • Wegovy	STOP THE DAY BEFORE PROCEDURE DAY
<u>All Diabetes Medication</u> • Any Oral Meds • Insulin	FOLLOW YOUR DOCTORS INSTRUCTIONS

One Day Before Procedure Day

1. ONLY CLEAR LIQUID DIET THE ENTIRE DAY BEFORE YOUR PROCEDURE.

- NO solid food or milk products. Drink liquids that contain electrolytes and calories throughout the day to avoid dehydration.
- Clear liquid diet includes:
 - water, mineral water, coconut water (no pulp)
 - clear strained fruit juice, no pulp
 - apple, white grape, white cranberry, lemonade, etc
 - clear carbonated and non-carbonated soft drinks or sports drinks
 - chicken, beef, vegetable, or bone broth
 - popsicles or gelatin/jell-o (no red or purple)
 - black coffee or tea (no milk/cream)

2. Purchase Dulcolax (5mg tablets) and MiraLAX powders (8.3 oz. bottle).



3. **Take** 20mg Dulcolax (4 tablets) at 12PM (NOON)

4. **Mix** 8.3oz of MiraLAX with 64oz of either Gatorade or Smart Water. No **RED** or **PURPLE** colored Gatorade.



5. **Start drinking** MiraLAX mixture at 2PM and finish entire 64oz mixture by 8pm. If you feel too full or nauseated during prep, pause and resume when you can. You must finish the entire mixture by 8pm.

IMPORTANT: The goal is to have stool that is see-through and all liquid with no residue. Dulcolax and MiraLAX will induce diarrhea, which may start at different times. You may also have bloating and cramping.

OPTIONAL: Use hemorrhoid cream/**A&D ointment** if needed to protect anal area. **2 Gas-X pills** may be taken during your preparation to reduce bloating.



DO NOT DRINK ANY LIQUIDS 4 HOURS PRIOR TO PROCEDURE TIME.

It's extremely important to have no food or liquid in your mouth/stomach prior to procedure to avoid aspiration pneumonia risk due to anesthesia.

The Day of Your Procedure

Plan on being at the Center for approximately 3 hours from the time you arrive, until discharge.

If delays occur, we will do our best to update you and your driver.

1. **NO** Tobacco products (cigarettes, vape, etc.) or chewing gum on the day of your procedure.
2. **DO NOT** work or drive the entire day of your procedure due to anesthesia used for the procedure.
3. For your safety, patients are **not allowed to use ride-share services (i.e. Uber, Lyft, etc.)** after anesthesia. You must have a responsible adult drive you home. If you don't, your procedure **will be canceled**.
4. Arrive at the endoscopy center **one hour** before your procedure time for check-in, paperwork, and preparation.
5. You must have your **insurance card and photo ID for verification**. Any payment due will be collected upon check-in. Leave valuables at home and wear glasses instead of contacts.
6. If you take **blood pressure or heart medication the morning of your procedure**, please **take the medicine no later than 4 hours prior to procedure time with a small sip of water.**
7. After the procedure, you should plan on small and easily digestible foods and avoid foods that give you indigestion or gas. You should resume normal meals the next day.
8. After a colonoscopy, your bowel movements may not return to usual pattern for 2 to 4 days
9. If you need to cancel or reschedule, please notify us 72 hours in advance. Missed appointments or late cancellations may result in a cancellation fee.

South Bay Gastroenterology

Scheduler's Name: _____

Telephone: (310) 539-2055

Your procedure will be at the following location:

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The Endoscopy Center of the South Bay

23560 Madison St., Suite 109

Torrance, CA 90505

(310) 325-6331

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Providence Little Company of Mary

G.I. Lab – Located on the 1st Floor of the Hospital

4101 Torrance Blvd.

Torrance, CA 90503

(310) 303-5540

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Torrance Memorial Medical Center

G.I. Lab – Located on the Basement Level of the Hospital

3330 Lomita Blvd.

Torrance, CA 90505

(310) 517-4707