



COLONOSCOPY PREPARATION

*For the best exam possible, your colon must be clean. Your preparation will begin the day before your procedure.
Please read the instructions carefully before you begin.*

-PENDING CLEARANCE: Hold blood thinners (Plavix, Xarelto, Eliquis, Effient, Coumadin/Warfarin) **THREE TO FIVE DAYS** before the procedure(s).

-Hold Aspirin 325 mg **FIVE DAYS** before the procedure. -Hold iron **FIVE DAYS** before the procedure.

-Hold Vitamins C and E **TWO DAYS** before the procedure.

-Hold anti-inflammatory medication **TWO DAYS** before the procedure. (Tylenol is okay to take.)

If **DIABETIC**, please take half a dose of your Diabetic medication starting from the day before your procedure(s).
If further questions, please refer to your Primary Care Provider

ATTENTION: Please **STOP** following medications **7 days** before procedures:

-OZEMPIC

- BYETTA

-ADLYXIN

-BYDUREON

-RYBELSUS

-TRULICITY

-VICTOZA

-SAXENDA

-WEGOVY

-ZEPBOUND

-MOUNJARO

**STARTING ON _____ / _____ / _____ ALL DAY (THE DAY
BEFORE PROCEDURE(S))**

CLEAR LIQUID DIET

CLEAR LIQUIDS INCLUDE:

- Water
- Broth/Bouillon
- Coconut water (**NO PULP**)
- Clear Juices (**NO PULP**) - Apple, **WHITE** Cranberry, **WHITE** Grape
- Coffee (**BLACK** - **NO** creamer, **NO** dairy products)
- Tea (**HOT** or **COLD**) sugar or honey is okay (**NO** dairy products)
- Sports drinks - clear only, **NO** green, purple or red
- Clear carbonated soft drinks - Sprite, 7UP and/or Ginger Ale
- Yellow gelatin (**NO** toppings) - **STOP AFTER 5:00 P.M. (DAY BEFORE THE PROCEDURE)**
- You may use menthol lozenges to help tolerate preparation (Halls cough drops - **CLEAR ONLY**)
- ★ **DO NOT have dark liquids (red, orange, green, blue or purple)**
- ★ **DO NOT consume solid foods, dairy products, and cloudy liquids**
- ★ **STOP all clear liquids after midnight except water**

*If you have a dry mouth, you may rinse with water and spit out. **DO NOT** swallow the water. If your stomach is not empty, you may feel nauseated with the sedation and may vomit causing pneumonia.



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EZ2GO PREPARATION

THE DAY BEFORE YOUR PROCEDURE:

At 5:00 P.M.: Mix HALF of the Miralax powder with a Gatorade packet to taste in the 1st 32oz cup. Add 1 Simethicone tablet to the cup. Then fill with water and mix until completely dissolved, take 4 Bisacodyl by mouth. ****Bisacodyl is coated and will not dissolve in the cup****

Drink an 8oz glass of the solution every 15 minutes until you finish the mixture.

5:00 P.M.	5:15 P.M.	5:30 P.M.	5:45 P.M.
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Please follow with 4 glasses of water. You may continue to have as much water as desired.

THE MORNING OF YOUR PROCEDURE **(5 HOURS BEFORE YOUR PROCEDURE)**

5 HOURS before your procedure: Mix the other half of Miralax powder with Gatorade to taste in the 2nd 32oz cup. Fill with water and mix until dissolved.

Drink an 8oz glass of the solution every 15 minutes until you finish the mixture.

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After you finish the solution, there is **NOTHING BY MOUTH** until after your procedure.

For dry mouth, you may rinse your mouth with water but must spit it out. **DO NOT** swallow water. You must have an empty stomach. A full stomach may cause you to vomit/throw up and cause aspiration. If your stomach is not empty, your procedure will be canceled

PLEASE NOTE: Failure to take the preparation as indicated may result in a poorly cleansed colon with possible cancellation or repeat of the procedure.

For questions, please visit our website www.ocgastrocare.com or call our office at (714) 527-6000