OC GastroCare

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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BOWEL PREPARATIONS INSTRUCTIONS

GENERIC (1 GALLON) BOWEL PREP FOR
COLONOSCOPY SPLIT DOSE

- You may have as much clear liquids as desired until 12 midnight, **NOTHING BY MOUTH AFTER MIDNIGHT EXCEPT THE SECOND DOSAGE OF BOWEL PREP.** An empty stomach is necessary for a successful COLONOSCOPY

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STEP ONE DAY BEFORE PROCEDURE **5 P.M.** start your bowel prep. Drink 8 oz. glass every 15 minutes for a total of 12 - 8 oz. glasses 5:00 6:00 7:00 5:15 6:15 7:15 5:30 6:30 7:30 5:45 6:45 7:45	**STEP TWO** 5 HOURS BEFORE YOUR PROCEDURE **: A.M.** Drink remaining prep. Drink 8 oz. glass every 15 minutes for a total of 4 - 8 oz. glasses : : : :

PLEASE PICK UP MEDICATION AT YOUR PHARMACY WITHIN 7 DAYS
If you have any questions regarding the bowel prep instructions, please contact our office at:
(714) 527-6000

!!!PLEASE DO NOT THROW AWAY THE LEFTOVERS!!!