

Thank you for choosing Oasis Advanced Gastroenterology for your colonoscopy procedure. Proper preparation (Cleansing) is key to a good examination. Please review these instructions **IMMEDIATELY WHEN YOU RECEIVE THEM.** If you believe you may be pregnant or need to cancel your appointment for any reason, please give our office a call at **(760) 699-7607**.

**PLEASE PICK UP COLONOSCOPY PREP MEDICATION ASAP OR PRESCRIPTION WILL NO LONGER BE AVAILABLE**

**REGARDING YOUR MEDICAL HISTORY AND MEDICATIONS**

- STOP – Multi-vitamins, herbal supplements and ANY products containing IRON 7-10 days prior to your procedure. If taking Aspirin, it is ok to continue.
- STOP – anticoagulants prior to your procedure ( **please advise MD or staff you are on anticoagulants and reasoning**)
  - Prasugrel (Effient ) 5-7 days
  - Warfarin (Coumadin) 5-7 days
  - Clopidogrel ( Plavix) 5-7 days
  - Ticagrelor (Brilinta) 5 days
  - Dabigatran (Pradaxa) 1-2 days
  - Rivaroxaban (Xarelto) 1-2 days
  - Apixaban (Eliquis ) 3 days

**PLEASE READ DIET INTRUCTIONS CAREFULLY TO AVOID REPEATING COLONOSCOPY**

- THREE days prior STOP eating raw vegetables, seeds/nuts and fruit skins.



## Low residue menu options



- White bread
- White rice
- White pasta
- Pretzels
- Yogurt
- Cottage cheese
- Chicken (no skin)
- Deli turkey
- White fish (tilapia)



- Eggs
- Bananas
- Apple sauce
- Canned fruit
  - Peaches, pears
- Cooked vegetables
  - Carrots, broccoli



**No whole grains, nuts,  
seeds, or foods with skins**

ACG 2020<sup>®</sup>

### DAY BEFORE COLONOSCOPY

#### ➤ NO DAIRY PRODUCTS/NO SOLID FOODS ALL DAY THE DAY BEFORE YOUR PROCEDURE.

- You may have ANY clear liquids the day before your procedure.
- Drink 1 gallon of Sports Drinks (Clear Yellow) to stay hydrated.
- Diabetics make sure to buy sports drinks that are low calorie, low sugar such as G2 Gatorade.

#### DIABETIC PATIENT'S CHECK YOUR SUGAR OFTEN AND ADJUST LIQUIDS ACCORDINGLY

#### ABSOLUTELY NO ALCOHOLIC BEVERAGES OF ANY KIND

#### MAKE SURE YOU DRINK PLENTY OF FLUIDS ALL DAY THE DAY BEFORE YOUR PROCEDURE

- Take all medications as usual the day before your procedure. Hold all Diabetic and Water pills the day before and the day of your procedure. If taking insulin use only short acting insulin on the day before procedure (Prep Day) per sliding scale, if needed, DO NOT take any long-acting insulin the day before or the day of your procedure. NO INSULIN OR DIABETIC MEDICATIONS ON PROCEDURE DAY.

**THE DAY BEFORE YOUR PROCEDURE (Follow a Clear liquid diet)**

**You may have (Example)**

Clear Soda (Ginger Ale, Sprite)  
 Clear Juice (Apple, White cranberry)  
 Gatorade/PowerAde (Clear, Yellow)  
 Chicken Broth (Nothing in it)  
 Black Coffee/Tea (No Cream)  
 Jell-O (Yellow, Orange, Green)  
 Popsicles (No Red or Purple)

**DO NOT HAVE (Example)**

Red or Purple Jell-O  
 Beef Broth  
 Alcohol  
 Milk or Milk Products  
 Yogurt or Pudding  
 Fudgsicles  
 Cream Soda

**Clear Liquid Diet**  
 The clear liquid diet includes:

 <b>Clear, nonfat broths</b>	 <b>Clear nutritional drinks</b>	 <b>Pulp-free popsicles</b>
 <b>Coffee and tea without milk or nondairy creamer</b>	 <b>Strained, pulp-free fruit and vegetable juices</b>	
 <b>Sodas and sports drinks</b>	 <b>Gelatin</b>	

 Cleveland Clinic

# What counts as a clear liquid?

— Your guide to what's on (and off) the menu before your colonoscopy —



- **DAY BEFORE COLONOSCOPY DO NOT EAT SOLID FOOD!!!**
- You will be on a clear liquid diet. **PLEASE NO RED BLUE OR PURPLE COLORED DRINKS**  
You will also be taking the prep that was sent to your pharmacy and do NOT mix until day prior to your procedure.

## **DO NOT FOLLOW PHARMACY INSTRUCTIONS**

### **PICK UP PREPERATION AT PHARMACY**

- Golytely or Generic, Suprep or Plenvu
- Four (4) Dulcolax tablets
- Milk Of Magnesium
- Two Fleet Enemas

### **DAY BEFORE PROCEDURE**

**STEP 1:** At 8:00 am take 4 tablespoons of Milk of Magnesium.

**STEP 2:** At 10: 00 am 1<sup>st</sup> dose (1/2 of gallon) Suprep or Plenvu .

**STEP 3:** At 12:00 noon take two (2) Dulcolax tablets.

**STEP 4:** At 8:00 pm take two (2) Dulcolax tablets.

**STEP 5:** At 10:00 pm 2<sup>nd</sup> dose (1/2 of gallon) Suprep or Plenvu .

Follow same instructions for Golytley, Plenvu and Suprep.

**DAY OF PROCEDURE** two hours prior colonoscopy appointment, give yourself two (2) Fleet Enemas ( 20 minutes apart ,holding each enema for 15 minutes)

#### HELPFUL HINTS

- 1) Your stool should be liquid, either clear or yellow in color, after completion of your bowel preparation- see image below
- 2) Use a straw when consuming your bowel preparation.
- 3) If you become nauseated or feel chilled during your bowel preparation, stop the prep for at least 30 minutes before resuming.

[Bowelprepguide.com](http://Bowelprepguide.com)

## Bowel Preparation Readiness Chart

Stool Color	Description	Readiness
	Dark, thick, particles	NOT READY
	Brown, thick, particles	NOT READY
	Dark orange, semi-clear	NOT READY
	Light orange, mostly clear	ALMOST READY
	Yellow, light, clear	READY

#### NO FOOD OR WATER 6 HOUR BEFORE PROCEDURE

- Please arrive 1 hr prior to your procedure. *Times are subject to change due to cancellations*, please go by the final time the facility or office gives you. They will call, text, or email you with this information.



**We require 1 week notice of cancellations or reschedules**

**Please call our office to cancel or reschedule procedure DO NOT CALL FACILITY.**

### **AFTER YOUR PROCEDURE**

**REMEMBER:** A responsible person must pick you up after the procedure, as you will have been sedated and will not be allowed to drive home, work, or engage in important decisions (e.g. financial issues) for the rest of the day after your procedure.

Our office staff will call you with pathology results within **2-3 weeks**. If you have not received a call, please do not assume your pathology results are normal. Office staff will schedule you an appointment when required by physician.


**Thank you !**

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## TIPS FOR COLONOSCOPY BOWEL PREP


www.YouAndColonoscopy.com

### PLAN




Plan ahead, clear your schedule and arrange for privacy

### STRAWS




Drink your medication through a straw to reduce the bitter taste

### HYDRATE




Keep a variety of clear liquids on hand

### FOLLOW INSTRUCTIONS




Follow the exact bowel prep instructions your doctor gives you

### BATHROOM




Stay near a bathroom

### ENTERTAINMENT




Surround yourself with comforts like music, books & movies to prevent boredom

### REFRIGERATE



Chill your medication in the fridge beforehand

### SOFT WIPES



Use baby wipes and soft toilet paper to reduce irritation

