

# REMINDERS AND IMPORTANT INFORMATION FOR YOUR PROCEDURE

- Be sure to take your prescription to the pharmacy upon receipt and review these instructions again a few days before your colonoscopy
- **Chewable gas tablets or gas relief tablets include:** Gas-X, Mylanta Gas Chewable Tablets and Anti-gas Simethicone
- A clean preparation of the colon is important to the success of your colonoscopy
- Being hydrated is **VERY IMPORTANT** to the success of your prep and procedure. Drink plenty of clear liquids
- **Clear liquids include:** chicken broth, beef broth, Jello, popsicles, coffee, tea, soda, apple juice, white grape juice, ginger ale, Gatorade, energy drinks and flavored waters
- You **MUST** arrange for transportation home with a responsible adult. An adult should be available for 24 hours post procedure
- **DO NOT HAVE ANYTHING RED, PURPLE OR DAIRY**
- Stop medications as directed

## MEDICATIONS THAT AFFECT BLOOD CLOTTING

Advil	Diclofenac	Mobic
Aggrenox	Dipyridamole	Motrin
Aleve	Ecotrin	Naprosyn
Anacin	Eliquis	Naproxen
Apixaban	Enoxaparin	Plavix
Aspirin	Excedrin	Pradaxa
Brilinta	Ibuprofen	Rivaroxaban
Celebrex	Indocin	Sulindac
Cheracol Capsules	Indomethacin	Ticlopidine
Clopidogrel	Lovenox	Warfarin
Coumadin	Meloxicam	Xarelto

Check labels for both over the counter medications as well as prescription medications for the following:

- Aspirin
- Ibuprofen
- Naproxen
- Diclofenac

PIH Health Digestive Health Services  
Colon Cancer Prevention Program

## COLONOSCOPY INSTRUCTIONS



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Your colonoscopy has been scheduled on: \_\_\_\_\_

Check-in time: \_\_\_\_\_ Procedure time: \_\_\_\_\_

Call the Digestive Health Services (DHS) or Colon Cancer Prevention Program (CCPP) care team with any questions about your prep or procedure:

DHS: 562.698.0306 CCPP: 562.967.2656

- Outpatient GI Center  
12291 E. Washington Blvd., 4th Floor  
Whittier, CA 90606  
562.698.0811 Ext. 18450
- PIH Health Whittier Hospital  
12401 Washington Blvd.  
Whittier, CA 90602  
562.698.0811

*Ask to be directed to Radiology registration for Saturday appointments.*

## IMPORTANT information regarding your colonoscopy and ALL preparation prescriptions

1. You **MUST** arrange for transportation home with a responsible adult. An adult should be available for 24 hours post procedure.
2. Review the list of medications and supplements, that affect blood clotting, such as aspirin and other medications listed on page four. Let the office know if you are taking any of these medications or supplements. **STOP** taking these medications **five** days prior to your procedure. You may need blood work done the day before.
3. Medications that you take regularly should be taken the day before your colonoscopy and **at least four hours before** your procedure on the day of.
4. **For three days before your procedure do not** eat any nuts, popcorn, cooked or raw corn or seeds.
5. If the colonoscopy preparation prescription is changed, the instructions for the preparation will also change. **Follow only the instructions given to you by our doctor's office. Do NOT follow packaging instructions or pharmacist instructions. Our doctor's office has adjusted the instructions for each preparation to obtain best results.**

## MOVIPREP

- 1** **24 hours before** your procedure you are to be on a clear liquid diet. Clear liquids include: chicken broth, beef broth, Jello, popsicles, coffee, tea, soda, apple juice, white grape juice, ginger ale, Gatorade, energy drinks and flavored waters. **Do not drink anything red, purple or dairy.**
- 2** The **morning before** your procedure, add one pouch “A” and one pouch “B” into the disposable container. Add warm water to the “Fill Line” mark. Shake well to dissolve and refrigerate.
- 3** Starting at 5 pm the evening before your procedure, drink the solution down to each line every 15 minutes until the entire container is empty. Follow with an additional 32 oz. or more of clear liquid throughout the evening.
- 4** After solution is empty, add remaining pouch “A” and one pouch “B” into the disposable container. Add warm water to the “Fill Line” mark. Shake well to dissolve and refrigerate.
- 5** The **morning of** your procedure starting at \_\_\_\_\_ you are to drink the solution down to each line every 15 minutes until the entire container is empty and follow immediately with an additional 16 oz. of clear liquids and two chewable gas tablets.

**Plan to finish drinking preparation solution and additional liquids four hours prior to your scheduled procedure time. DO NOT EAT OR DRINK ANYTHING AT LEAST FOUR HOURS BEFORE THE PROCEDURE**

## SUPREP

- 1** **24 hours before** your procedure you are to be on a clear liquid diet. Clear liquids include: chicken broth, beef broth, Jello, popsicles, coffee, tea, soda, apple juice, white grape juice, ginger ale, Gatorade, energy drinks and flavored waters. **Do not drink anything red, purple or dairy.**
- 2** Starting at 5 pm the **evening before** your procedure, add one 6 oz. bottle of Suprep into the mixing cup, then add cool drinking water to the 16 oz. line and drink the entire contents. Follow with an additional 32 oz. or more of clear liquids throughout the evening.
- 3** The **morning of** your procedure, starting at \_\_\_\_\_ add remaining 6 oz. bottle of Suprep into the mixing cup, add cool drinking water to the 16 oz. line and drink the entire contents. Follow immediately with two (2) chewable gas tablets and 32 oz. of clear liquid over the next hour.

**Plan to finish drinking preparation solution and additional liquids four hours prior to your scheduled procedure time. DO NOT EAT OR DRINK ANYTHING AT LEAST FOUR HOURS BEFORE THE PROCEDURE.**

## CLENPIQ

- 1** For each of the two days prior to the procedure date, increase your fluid intake, drink a minimum of 64 oz. of liquids on each day, in addition to the Clenpiq solution that you drink.
- 2** **24 hours before** your procedure you are to be on a clear liquid diet. Clear liquids include: chicken broth, beef broth, Jello, popsicles, coffee, tea, soda, apple juice, white grape juice, ginger ale, Gatorade, energy drinks and flavored waters. **Do not drink anything red, purple or dairy.**
- 3** Starting between 5 and 9 pm the evening before your procedure, drink the entire contents of one bottle of Clenpiq. Follow with an additional 40 oz. or more of clear liquids throughout the evening. The Clenpiq box comes with an 8 oz. plastic cup you may use. You will need to drink five of the cups for 40 oz.
- 4** Starting at \_\_\_\_\_ the **morning of** your procedure, drink the entire contents of the second bottle of Clenpiq. Follow with an additional 40 oz. of clear liquids and two (2) chewable gas tablets.

**Plan to finish drinking preparation solution and additional liquids four hours prior to your scheduled procedure time. DO NOT EAT OR DRINK ANYTHING AT LEAST FOUR HOURS BEFORE THE PROCEDURE.**

## PLENVU

- 1** **24 hours before** your procedure you are to be on clear liquid diet. Clear liquids Include: chicken broth, beef broth, Jell-O, popsicles, coffee, tea, soda, apple juice, white grape juice, ginger ale, Gatorade, energy drinks and flavored waters. **Do not drink anything red, purple or dairy.**
- 2** Starting at 5 pm the **evening before** your procedure, use the mixing container to mix contents of the Dose 1 pouch with at least 16 ounces of water by shaking or using a spoon until completely dissolved. This may take up to 2-3 minutes, take your time to slowly finish the dose within 30 minutes. Follow with an additional 32 ounces or more of clear liquids throughout the evening.
- 3** The **morning of** your procedure, starting at \_\_\_\_\_ use the mixing container to mix contents of the Dose 2 (Pouch A and Pouch B) with at least 16 ounces of water by shaking or using a spoon until completely dissolved. This may take up to 2-3 minutes. Take your time to slowly finish the dose within 30 minutes. Follow with an additional 32 ounces or more of clear liquids and two (2) chewable gas tablets.

**Plan to finish drinking preparation solution and additional liquids four hours prior to your scheduled procedure time. DO NOT EAT OR DRINK ANYTHING AT LEAST FOUR HOURS BEFORE THE PROCEDURE.**

## COLYTE, GOLTYELY, PEG 3350, GAVILYTE

- 1** **24 hours before** your procedure you are to be on a clear liquid diet. Clear liquids include: chicken broth, beef broth, Jello, popsicles, coffee, tea, soda, apple juice, white grape juice, ginger ale, Gatorade, energy drinks and flavored waters. **Do not drink anything red, purple or dairy.**
- 2** The morning before your procedure, add warm water to the top line. Shake well and refrigerate.
- 3** Starting at 5 pm the **evening before** your procedure, drink 8 oz. every 15 minutes until  $\frac{3}{4}$  of the container is empty. Follow with an additional 32 oz. or more of clear liquids throughout the evening (remaining  $\frac{1}{4}$  of the solution can be placed back in refrigerator).
- 4** Starting at \_\_\_\_\_ the **morning of** your procedure, drink 8 oz. every 15 minutes of the remaining  $\frac{1}{4}$  of the solution until completely empty. Follow immediately with an additional 16 oz. of clear liquids and two (2) chewable gas tablets.

**Plan to finish drinking preparation solution and additional liquids four hours prior to your scheduled procedure time. DO NOT EAT OR DRINK ANYTHING AT LEAST FOUR HOURS BEFORE THE PROCEDURE.**

## SUTAB

- 1** **24 hours before** your procedure you are to be on a clear liquid diet. Clear liquids include: chicken broth, beef broth, Jello, popsicles, coffee, tea, soda, apple juice, white grape juice, ginger ale, Gatorade, energy drinks and flavored waters. **Do not drink anything red, purple or dairy.**

## MEGA PREP INSTRUCTIONS

- You have been prescribed \_\_\_\_\_
- In addition to this laxative prep, purchase two 8-ounce bottles of Magnesium Citrate at your local pharmacy, a prescription is not needed.
- Two days before your procedure start a clear liquid diet. Do not have anything red, purple or any dairy products. Please refer to your Prep instructions for further information on clear liquids.

Starting your Laxative Prep: 30 minutes before each of your two laxative prep doses, drink one bottle of Magnesium Citrate, all 8 ounces. Follow your prep instructions.

- 2** Starting at 5 pm the **evening before** your procedure, Open 1 bottle of 12 tablets. Fill the provided container with 16 ounces of water (up to the fill line). Swallow each tablet with a sip of water, and drink the entire amount of water over 15 to 20 minutes.
- 3** Approximately 1 hour after the last tablet is ingested, fill the provided container again with 16 ounces of water (up to the fill line), and drink the entire amount over 30 minutes
- 4** Approximately 30 minutes after finishing the second container of water, fill the provided container with 16 ounces of water (up to the fill line), and drink the entire amount over 30 minutes.
- 5** Continue clear liquids.
- 6** The **morning of** your procedure, (5 to 8 hours' prior colonoscopy) starting at \_\_\_\_\_ open the 2<sup>nd</sup> bottle of 12 tablets. Fill the provided container with 16 ounces of water (up to the fill line). Swallow each tablet with a sip of water, and drink the entire amount of water over 15 to 20 minutes.
- 7** Approximately 1 hour after the last tablet is ingested, fill the provided container again with 16 ounces of water (up to the fill line), and drink the entire amount over 30 minutes.
- 8** Approximately 30 minutes after finishing the second container of water, fill the provided container with 16 ounces of water (up to the fill line), and drink the entire amount over 30 minutes.
- 9** Follow immediately with two (2) chewable gas tablets and 32 oz. of clear liquid over the next hour.

**Plan to finish drinking preparation solution and additional liquids four hours prior to your scheduled procedure time. DO NOT EAT OR DRINK ANYTHING AT LEAST FOUR HOURS BEFORE THE PROCEDURE.**

## SUPER PREP INSTRUCTIONS

- You have been prescribed \_\_\_\_\_
- In addition to this laxative prep, purchase one bottle (8 oz.) of Magnesium Citrate at your local pharmacy, a prescription is not needed.
- 30 minutes before you begin your first laxative prep, drink the entire bottle (8 oz.) of Magnesium Citrate. Follow your prep instructions.