

Please Read Today carefully

# Colonoscopy Preparation Instructions (1x Dose)

Date of Procedure : \_\_\_\_\_

**Premier Surgery Center/Diablo Plaza Surgery Center:**  
2222 East Street, Ste: 200 Concord CA 94520

Arrival Time: \_\_\_\_\_

**Executive Surgery Center:** 1320 El Capitan Dr,  
Danville, CA 94526

The important part of a successful colonoscopy is to have a clean colon. If the colon is not clean, cancer, polyps, flat lesions or other abnormalities may be missed. A clean colon is safer to conduct the colonoscopy. Standard prep does not guarantee a clean colon in all patients and additional prep may be needed in a small number of patients. Average procedure time is 20 minutes but could be much longer. You are expected to spend 2-3 hours at the surgical center. The instructions below will walk you through the steps that are necessary to maximize the cleanliness and safety of your colonoscopy.

- Arrange Ride Home: No sedation could be administered without a rider home per California law. Self-Rider on Uber, BART, taxi, limousines, and public transportation are not allowed.
- Pick up bowel preparation as soon as possible as the medication may be out of stock.

| When                        | Action   | Examples   |
|-----------------------------|--|--|
| <b>Up to 5days Prior</b>    | <ul style="list-style-type: none"> <li>• <b>Important: Medication change may be needed; read all of them.</b> Confirm with your doctor if you need to stop any of your blood thinners.</li> <li>• <b>No seeds</b> such as tomato products or sesame seeds</li> </ul> | <ul style="list-style-type: none"> <li>• Plavix ,Aspirin, Ibuprofen, Naproxen, Advil, Motrin, Nuprin, Indomethacin, Celebrex, Aggrenox, etc-stop 5 days prior</li> <li>• Coumadin – stop 5 days prior</li> <li>• Pradaxa – stop 2 days prior (4 days if CKD)</li> <li>• Lovenox, Heparin – do not take within 24 hours</li> <li>• Xarelto/Eliquis/Savaysa – do not take within 24 hours (48 hours if CKD)</li> </ul> |
| <b>Day Before Breakfast</b> | <ul style="list-style-type: none"> <li>• Light Breakfast, preferably clear liquids, but may be ok to eat small amount.</li> <li>• <b>24 hours before procedure</b></li> <li>• No Jello</li> <li>• No red, blue, orange, or purple foods</li> </ul>                   | <ul style="list-style-type: none"> <li>• 1 to 2 eggs (fried, over easy, scrambled, or boiled) with 2 slices of white bread OR</li> <li>• Plain bagel with butter or cream cheese OR</li> <li>• 1 cup yogurt without fruits, 1 banana OR</li> <li>• 1 Egg McMuffin without Canadian bacon</li> </ul>  |
| <b>Day Before Lunch</b>     | <ul style="list-style-type: none"> <li>• <b>Lunch : No Solids or soft food;</b> Consume Clear liquids</li> <li>• MiraLax is the <b>Over the Counter Medicine</b><br/>-17 g per Pack or<br/>-17 g per cap, measured with the cap on the bottle</li> </ul>             | <ul style="list-style-type: none"> <li>• <b>Examples of clear liquids:</b> Chicken or vegetable broth, clear juices (white grape juice or apple juice), fruit flavored drinks, black coffee, green tea, soda (7-Up, Sprite, Ginger Ale), sports drinks (white, green, or yellow color), water</li> <li>• No jello<br/>No alcohol or red, blue, orange, or purple liquids</li> </ul>                                  |

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|--|---|---|
| <b>Step 1<br/>Day Before<br/>5pm</b>   | <ul style="list-style-type: none"> <li>136 g total MiraLax ( 8 packs or 8 Capfuls) mixed with 64 OZ of water</li> </ul>   | <ul style="list-style-type: none"> <li>Please drink 4-8 oz every 15 minutes or as much as you can tolerate.</li> <li>Diarrhea usually starts 2-6 hours.</li> </ul>  |
| <b>Step 2<br/>Day of the<br/>Exam<br/>6 hours<br/>before<br/>colonoscopy</b> | <ul style="list-style-type: none"> <li>Repeat Step 1</li> <li><b>Nothing by mouth for at least 2 hours prior</b> to colonoscopy for safety during sedation</li> </ul> | <ul style="list-style-type: none"> <li>At the end, it should be like urine “pee” clear. If it’s not, please repeat step 1.</li> </ul>   |
| <b>Day of the<br/>Exam</b>   | <p>You can take your usual medications unless instructed otherwise by your physician with sips of water</p>   | <ul style="list-style-type: none"> <li>Wear loose comfortable clothing</li> <li>Leave jewelry at home</li> <li>Bring photo ID and insurance card</li> <li>Bring a complete list of medications and allergies</li> </ul> |
| <b>After<br/>colonoscopy</b>   | <ul style="list-style-type: none"> <li>Rest</li> </ul>  | <ul style="list-style-type: none"> <li>No driving for the rest of the day or making major decisions.</li> </ul>   |

**Tips:**

1. Nausea, bloating, or abdominal Cramps are common during preparation. If you have severe abdominal pain or violent vomiting, stop drinking the medicine. If the symptoms do not improve within an hour then go the ER.
2. We need to make you aware, that even though you are scheduled for a screening colonoscopy which is covered under your health insurance as preventative, if the doctor finds polyps, flat lesions, or another problem during the procedure, your procedure goes from a screening colonoscopy to a therapeutic colonoscopy. We would advise that you contact your insurance company because you may possibly be financially responsible for costs.
3. If you need to cancel or reschedule, kindly give 5 business days to do so or there will be a \$100 fee; this will not be covered by your insurance company.

**If you have any problems drinking your colon preparation solution or have any questions, please call our office even if the office is closed at (925) 776-7600.**