

CITRUS VALLEY GASTROENTEROLOGY

Patient Name:

Rendering Provider:

You have been scheduled for: Colonoscopy

Date of Procedure

please arrive 1 hour before appointment

Glendora Digestive Institute  
1794 S. Barranca Ave.  
Glendora, CA 91740  
(626) 858-4600

Queen of the Valley Hospital  
1115 S. Sunset Ave.  
West Covina, CA 91790  
(626) 814-2510

Foothill Presbyterian Hospital  
250 S. Grand Ave.  
Glendora, CA 91740  
(626) 857-3131

Inter-Community Hospital  
210 W. San Bernadino Rd.  
Covina, CA 91723  
(626) 915-6246

San Dimas Community Hospital  
1350 W. Covina Blvd.  
San Dimas, CA 91773  
(909) 599-6811

**\*\* 2 WEEK CANCELLATION NOTICE IS REQUIRED TO AVOID \$100 CHARGE \*\***

**YOU MUST BE AT THE FACILITY FOR REGISTRATION AND PRE-PROCEDURE PREPERATION  
AT LEAST ONE HOUR BEFORE YOUR APPOINTMENT TIME**

**ABSOLUTELY NO TAXI OR UBER**

**NO DRIVING  
ARRANGE FOR TRANSPORTATION**

**STOP TAKING ASPRIN, COUMADIN, PLAVIX,  
LOVENOX OR ANY BLOOD THINNER 5 DAYS  
BEFORE YOU PROCEDURE**

**HOLD DIABETIC MEDICATION  
THE NIGHT BEFORE AND THE  
MORNING OF THE PROCEDURE**

**ONLY BLOOD PRESSURE AND HEART  
MEDICATION ON THE DAY OF THE  
PROCEDURE WITH SIPS OF WATER**

**PLEASE REFER TO  
YOUR PREP INSTRUCTIONS**

**IF CANNOT TOLERATE THE LAXATIVE  
CALL THE OFFICE AT ANY TIME**

**ANY QUESTIONS PLEASE CALL OUR OFFICES: COVINA (626) 960-2326 \* GLENDORA (626) 610-2112**

**Please visit our website at <http://www.cvgastro.com>  
DBA Citrus Valley Gastroenterology**

**\*Avoid Omega 3, Fish Oil, and Iron 5 days before**

**\*Avoid all other vitamins 1 day before**

## GoLYTELY PREP

1. Only have clear liquids the day prior to the procedure
2. Mix water into the gallon container as described on the package
3. It is ok to flavor this with Crystal Lite sugar free mix
4. Drink ONE HALF of the gallon between 6pm – 10pm. Aim for 8oz every 10-20 minutes, but ok to slow down and pause if nauseated. Then try restarting.
5. Take the four Dulcolax (5mg) tablets AND one 125mg simethicone tablet (GasX<sup>®</sup>) also at 6PM. If not dispensed by the pharmacy, Dulcolax can be bought over the counter.
6. It is ok to continue drinking clear liquids up until 4 hours prior to your procedure time, even while drinking the prep
7. Drink the SECOND HALF of the gallon between 2am and 5am, and take another simethicone 125mg tablet as well. Again, aim for 8oz every 10-20 minutes, but it is ok to slow and pause for nausea. SEE REVERSE SIDE FOR PREP ISSUES



First half  
between 6pm  
– 10pm

Second half  
between 2am  
– 5am

## SUPREP

1. Only have clear liquids the day prior to the procedure
2. Follow these four steps at 6PM, and then again at 2AM
3. Please take one 125mg simethicone tab at both 6PM and 2AM before starting



**Step 1**  
Pour **ONE** (1) 6-ounce bottle of SUPREP liquid into the mixing container.



**Step 2**  
Add cool drinking water to the 16-ounce line on the container and mix.  
**Note:** Be sure to dilute SUPREP as shown before you drink it.



**Step 3**  
Drink **ALL** the liquid in the container.



**Step 4**  
You **must** drink two (2) more 16-ounce containers of water over the next 1 hour.  
**Note:** You **must** finish drinking the final glass of water at least 2 hours, or as directed, before your procedure.



Use this QR code to view a 5min video on this process

## MIRALAX PREP

1. Only have clear liquids the day prior to the procedure
2. Purchase the following from the drug store:

- a. 8.3oz of Miralax (or generic)
- b. 64 ounces of Gatorade<sup>®</sup> or other similar sports drink (this will often come as two 32oz bottles)
- c. Four tablets of Dulcolax, a stool softener, 5mg each.
- d. 2 tabs of simethicone (GasX<sup>®</sup>), 125mg each



3. Mix the Miralax and Gatorade:
4. Take the four Dulcolax tabs AND one simethicone 125mg tab at 6PM
5. Drink HALF the Gatorade/Miralax mixture from 6PM – 8PM
6. Drink the second HALF at between 2AM – 4 AM, and take the other 125mg simethicone tab



Miralax Prep Video (English)



Miralax prep video (Español)

## FAQs and TIPS

- **Clear liquids: A liquid you can see through.** Examples are Broth/bouillon, coffee (sugar is ok, no cream), tea, carbonated beverages (Coke<sup>®</sup>, Pepsi<sup>®</sup>, Sprite<sup>®</sup>, etc.) clear fruit juices (no pulp), Jello<sup>®</sup>, Gatorade<sup>®</sup> and popsicles. Avoid anything red and purple colored.
- **Foods to avoid for ONE WEEK before the procedure:**
  - Nuts, seeds, popcorn, corn, beans, peas, raw salad
  - Wheat germ, granola, cereal with visible grains and/or fruit.
- **Blood thinners:** You will ALWAYS need to make sure the prescribing physician is ok with you stopping your blood thinner.
  - For *Aspirin*, if you have had a heart attack or stroke in the past, you DO NOT need to hold this before your procedure. If you have never had a heart attack or stroke, hold the aspirin for 5 days.
  - For *Eliquis* (apixiban), *Xeralto* (rivaroxaban), and *Pradaxa* (dabigatran), stop 3 days prior to the procedure
  - For *Coumadin* (warfarin), stop this at least 5 days prior to your procedure
  - For *Plavix* (clopidogrel) and *Brilinta* (ticagrelor), stop these 5 days prior to the procedure
- **Pain Medications:**
  - If possible, try and hold NSAIDs (ie Advil, Naproxen, Ibuprofen, Motrin, Mobic, Meloxicam, Diclofenac) for 5 days. This helps to prevent any bleeding during your procedure.
- **Diabetics:**
  - If on Lantus, take only half your Lantus dose the night prior to the procedure
  - Do not take any oral diabetic medications or short acting insulin the day of your procedure
  - It is certainly ok to have juice for low blood sugar up to 3 hours before your procedure
- **Problems with the laxatives:**
  - Nausea and vomiting:
    - You may be taking the prep too fast! Try pausing and then restarting at a slower rate
    - Try chilling the laxative solution in the fridge. It is often easier to tolerate when cold
    - Try using a straw to take the solution
    - If all else fails, consider switching to the Miralax Prep (see the other side). This has a more palatable taste and can be purchased over the counter at the drug store
  - It's not working!
    - Occasionally, the first half of the laxative does not produce any bowel movements. Not to worry, the second half will pack more of a punch!
    - If you need something extra, please pick up a bottle of Magnesium Citrate at any drug store over the counter. This can be taken at any time during the preparation, and will help clear things out even more.
- **Dialysis Patients:**
  - Don't worry, GoLytely is approved for patients on dialysis. None of the laxative will get absorbed into the blood stream.



# LIQUID DIET

**START THE MORNING ON THE DAY BEFORE YOUR PROCEDURE.  
FROM THE TIME YOU GET UP TO MIDNIGHT**

## **FOODS ALLOWED:**

**BROTH:** Chicken OR beef

**JELL-O & POPSICLES:** (No Red or Purple Flavors)

### **JUICES**

Strained fruit juices: Apple, White Grape, Lemonade

**TEA/COFFEE:** (Decaffeinated or regular), carbonated beverages, fruit flavored drinks (No Red or Purple) No Milk, (Sugar OK)

**NO SOLID FOODS AT ALL, INCLUDING VEGETABLES & MEATS**

**This diet provides fluids that leave little residue and are easily absorbed with minimal digestive activity. This diet is inadequate in all essential nutrients and is recommended only if clear liquids are temporarily needed. No red or purple liquids should be consumed.**