

Colonoscopy 2 Day Prep Instructions

Appointment Date _____ Appointment Time _____ Dr. _____

Your Procedure Coordinator is _____ Phone: 510-444-3297 ext. _____

Your procedure is scheduled at East Bay Endosurgery Summit Hospital
 300 Frank H. Ogawa Plaza, Ste 135 350 Hawthorne Ave, 3rd Flr
 (510) 893-1600 (510) 869-6711

LATE CANCELLATION (LESS THAN 3 DAYS) FEE OF \$200 – Call your Coordinator if you need to cancel

| 7 days Prior to Procedure | 3 days prior to Procedure | 2 Days Prior to Procedure | 1 Day prior procedure | Day of Procedure |
|--|---|---|--|--|
| <p>Date _____</p> | <p>Date _____</p> | <p>Date _____</p> | <p>Date _____</p> | <p>Date _____</p> |
| <div style="display: flex; flex-direction: column; gap: 10px;">  <p>Please make sure you have your prep medication and over the counter medications and review your prep instructions thoroughly. If you have kidney disease or significant cardiac disease, please discuss with your gastroenterologist as this may not be appropriate for you and an alternate preparation may be recommended.</p>  <p>Please continue all medications including aspirin. If you are taking a blood thinner please contact the prescribing physician for instructions.</p>  <p>Please arrange a driver to take you home. This needs to be a family or friend. Uber, Lyft, and taxi are only allowed if you have a family or friend accompany you. You will not receive sedation without a family or friend available to drive you home. All rides must be available by 3:30pm.</p> </div> | <div style="display: flex; flex-direction: column; gap: 10px;">  <p>STOP eating any raw vegetables or vegetables containing seeds, corn, popcorn, nuts, quinoa, beans, and seeds. Please STOP any fiber supplements (i.e. Metamucil) until after the procedure.</p> <p>Purchase the following over the counter medication:</p> <ol style="list-style-type: none"> 1. (1) 10oz bottles of magnesium citrate 2. (4) 125 mg Simethicone tablets (i.e.-Gas Ex) <p>Purchase clear liquid diet items. (See page 2 for clear liquid items)</p>  <p>If you are on diabetic medication, you will receive separate instructions.</p> </div> | <div style="display: flex; flex-direction: column; gap: 10px;">  <p style="text-align: center;"><u>NO SOLID FOODS</u></p> <p>Clear Liquids only upon waking up in the morning. A clear liquid diet is necessary for a colonoscopy.</p> <p>4pm: Take (1) 10oz bottles of magnesium citrate</p> </div> | <div style="display: flex; flex-direction: column; gap: 10px;"> <p style="color: red; text-align: center;">Continue a clear liquid diet. No Solid Foods!</p> <p>Prep: 5pm-Please drink ½ of your prep solution (64 oz)</p> <p>After completing the prep solution take (2) 125 mg Simethicone tablets (i.e.- Gas Ex) with (2) 8 oz. glasses of water.</p>  <p>Drink plenty of water and clear liquids throughout the day to avoid dehydration.</p> </div> | <p>Continue a clear liquid diet.</p> <p>Drink the remaining ½ of your prep solution (64 oz) at _____.</p> <p>After completing the prep, take (2) 125 mg Simethicone tablets (i.e.-Gas Ex) followed by (2) 8 oz. glasses of water.</p> <p>Nothing by mouth starting 2 hours prior to arrival. No Gum or hard candy.</p> <p>If you take daily medication, please take with a small sip of water 2 hours prior to arrival.</p> <p style="text-align: center;">Reminders</p> <ul style="list-style-type: none"> If you use an inhaler, bring it with you to your procedure Please do not wear any jewelry and remove piercings Bring insurance cards Be prepared to pay your copay |

If you have had any procedures, started any new medications or had a change in your medical status since scheduling this procedure, please contact your Coordinator at the extension on Page 1

***Clear Liquid Diet Details: NO RED COLOR. NO DAIRY**

Approved: Clear sodas, black coffee, tea, clear juices, clear fitness waters, chicken broth, vegetable broth, beef broth, Gelatin, Popsicles without pulp, sorbet without pulp



Avoid No milk/dairy No juices with pulp Popsicles with pulp **NO RED COLOR.**



Frequently Asked Questions

- 1. What are some high fiber foods I should avoid?**

Raw fruits and vegetables are typically high in fiber, as well as nuts, seeds, corn, quinoa, whole grain breads and beans and lentils.
- 2. What are some good options for low fiber foods?**

Choose white bread and white rice for lower fiber options, as well as pastas made with white flour. Chicken, fish, dairy and eggs are also low in fiber and good choices for foods 2-3 days before you begin your prep.
- 3. If I eat popcorn or seeds 3 days before my procedure do I need to reschedule?**

You will not need to reschedule your procedure; however, the seeds or nuts may cause a difficulty in screening and require a need for rescreening. If you have eaten a large amount of seeds or nuts, you may want to contact the nurse or physician.
- 4. My pharmacist said I can have a light meal the day before my procedure. Is this true?**

NO. You must be on a clear liquid diet all day the day prior to your procedure. Please follow the instructions from your physician.
- 5. What will the laxative medications do?**

Trilyte, Golytely, and magnesium citrate are all laxatives. They are meant to cleanse the bowel. Please make sure you are in the comfort of your home once you begin taking the medications, as they will cause diarrhea.
- 6. When do I begin my laxative for the colonoscopy/flexible sigmoidoscopy?**

Times and dates of when you are scheduled for your procedure, as well as when you begin your laxatives are written on the materials that were provided to you. Please read over the materials in detail and if you require further assistance, please call the number given on your instruction sheet.
- 7. What is a clear stool?**
- 8. A clear stool will have a yellow color and will look like your urine. It will be completely transparent, and will not contain any solid matter or sediment.**
- 9. I am not having bowel movements, what should I do?**

Bowel movements can take up to 5-6 hours after beginning the prep to start. Be patient, continue to drink clear liquids. If you have not had a bowel movement by 10 PM the night prior to your procedure, you will need to reach the on-call physician for further instructions.
- 10. The prep is making me nauseous, what should I do?**

If you develop nausea or vomiting, slow down the rate at which you drink the solution. Please attempt to drink all of the laxative solution even if it takes you longer. If vomiting persists, or you are not able to finish the preparation, stop the preparation and call your physician's office for further instructions.
- 11. Can I continue to be on the clear liquid diet after I begin consuming the laxatives?**

Yes, you may continue the clear liquid diet until you are directed to discontinue anything by mouth, which is 2 hours prior to the procedure.

12. Why do I have to wake up at so early for the 2nd dose, can't I take it all the night before?

A split prep has proven to be the most effective for a successful colonoscopy. It is essential that you follow the directions provided with your prep medications.

13. If I weigh under 100 pounds do I need to take all of the prep?

The liquid amount is not weight dependent. It is important to finish the prep for a successful colonoscopy.

14. How long will the procedure take?

- a. At East Bay Endosurgery: Please plan to be the center for a total of 2 hours.
- b. At Summit or Alta Bates Medical Center: Please plan to be at the hospital for 4 hours. If you are scheduled at Summit Hospital, please make sure to check in at registration first.

15. Can I take my regular medication the morning of the test?

You may take all of your regular medications with a small sip of water 2 hours before, except for blood thinners or diabetic medication. Those come with further instructions.

16. I use Paratransit for all of my medical appointments. Is this okay?

Yes, but your procedure must be scheduled before 11 am to ensure you get a ride home within business hours.

17. Can I return to work after my procedure?

IF YOU ARE SEDATED, you cannot return to work until the next day, as the sedative can take up to 6 hours to wear off. If you are NOT SEDATED, you may return to work at your convenience.

18. When can I drive?

IF YOU ARE SEDATED, you may not drive the day of the procedure as you will be under the influence of a sedative that will compromise your ability to drive. If you are NOT SEDATED, you may drive right away.

19. When may I begin taking blood thinner again after my procedure?

This information will be provided to you on your discharge forms after the procedure. The timing will vary depending on whether you have had biopsies or polyps removed.

20. How can I find out the cost of my procedure?

If you are inquiring about the facility fee:

- a. For East Bay Endosurgery Center contact our Central Billing Office at 1-866-809-1220
- b. For Summit Medical Center contact the financial department at 510-655-4000
- c. Provider Fee- You will receive a call approximately one week prior to your procedure with the estimate cost. If you do not receive a call at least 3 days before, please contact (510) 444-3297 ext. 220.