

## INSTRUCTIONS FOR COLONOSCOPY

APPOINTMENT DATE: \_\_\_\_\_ CHECK IN TIME \_\_\_\_\_

**LOCATION: LA JOLLA ENDOSCOPY CENTER  
9850 GENESEE AVE. SUITE 980  
LA JOLLA, CA 92037**

### **The day before the procedure:**

You may have a regular diet before 2:00 pm. **ONLY CLEAR LIQUIDS ARE ALLOWED AFTER THIS TIME.** This includes water, clear fruit juices (apple, white grape), tea, popsicles, bouillon, broth, sports drinks (no red or purple). **NO SOLIDS, JUICES WITH PULP, MILK OR DAIRY PRODUCTS UNTIL AFTER YOUR PROCEDURE.** Please note, the more liquids you consume the better quality the prep so be sure to start drinking from the time you wake up. This will also prevent dehydration.

### **First dose of bowel preparation: evening before procedure starting at 6:00 pm**

*Depending on your insurance coverage, a prescription for one of the following bowel preps will be sent to your pharmacy. Please follow instructions accordingly:*

**SUPREP:** Pour one bottle of Suprep into provided container and add 10 oz water. Mix well and drink solution PLUS 32 oz of clear fluids. Continue clear liquids.

**CLENPIQ:** Drink one bottle of Clenpiq solution PLUS 40 oz of clear fluids (5 cups of 8 oz). Continue clear liquids.

**GOLYTELY/PEG 3350/MOVIPREP/TRILYTE/NULYTELY/GAVILYTE:** Mix according to package instructions. Drink 8-oz of mixed solution every 10-15 minutes until you have consumed half of the solution. Save the remaining solution for the next morning.

### **The day of the procedure:**

Continue clear liquids and take second dose of your bowel prep.

### **Second dose of bowel preparation: morning of procedure 4 hrs before appt**

**SUPREP:** Pour one bottle of Suprep into provided container and add 10 oz water. Mix well and drink solution PLUS 32 oz of clear fluids. Please note, you must finish all liquids within 2 hours.

**CLENPIQ:** Drink one bottle of Clenpiq solution PLUS 40 oz of clear fluids (5 cups of 8 oz). Please note, you must finish all liquids within 2 hours.

**GOLYTELY/PEG 3350/MOVIPREP/TRILYTE:** Drink all remaining solution, 8-oz of mixed solution every 10-15 minutes. Please note, you must finish all liquids within 2 hours.

**STOP all liquids, including water, 2 hours before your appointment time.**

*More information on back*

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**PATIENTS WITH DEFIBRILLATOR, HOME OXYGEN SUPPLEMENT OR ON DIALYSIS: PLEASE BE SURE TO TELL US AS PROCEDURE MUST BE DONE AT THE HOSPITAL.**

**IMPORTANT: STOP PLAVIX, COUMADIN, XARELTO, ELIQUIS, PRADAXA, WARFARIN OR OTHER BLOOD THINNERS \_\_\_\_\_ DAYS BEFORE YOUR PROCEDURE IF YOU TAKE THESE MEDICATIONS.**

Miscellaneous instructions

Sedatives will be given during the exam, so be sure to make arrangements to have a responsible adult drive you home. Taxis and buses are not acceptable forms of transportation. The driver must sign you out before you can be discharged. Plan to be at the facility for approximately 2 hours.

High blood pressure medications and other heart medications: Take these medications the morning of your exam, at least 2 hours before your appointment time.

Diabetes: Take one-half of your diabetic medications or Insulin on the day before the colonoscopy and none on the morning of the procedure.

Required paperwork: Please bring insurance card, photo ID and list of medications you are taking.

**Physician charges are separate from facility charges. If biopsies are taken, you will also receive two additional bills from the pathologist and the hospital laboratory. Preventative screening colonoscopy can only be billed for patients who do NOT have any symptoms or diagnosis, personal history or family history of colon cancer or polyps. An evaluation of any sign, symptom, or colorectal disease will be submitted as a diagnostic procedure. Therefore, out of pocket expenses may apply according to your insurance benefits.**

If you have any questions, please contact our office: Van (858) 453-5200