

VALLEY GASTROENTEROLOGY CONSULTANTS

COLONOSCOPY BOWEL PREPARATION

You are scheduled for a COLONOSCOPY on _____ at

VALLEY DIGESTIVE HEALTH CENTER
488 E. Santa Clara St., Ste. 102
Arcadia, CA 91006
(626) 359-9555

Time of arrival: _____

At Valley Gastroenterology and Valley Digestive Health Center, we strive to perform the highest quality colonoscopy. To obtain the best results during a colonoscopy, it is important to closely follow the preparation instructions given to you. We understand the cleansing process can be cumbersome; nonetheless a good preparation will produce the best possible end results.

If your arrival time is BEFORE 10:30 AM, please follow the following instructions

A few days before the exam, please purchase the following Items:

- Fill your prescription of COLYTE at any pharmacy. For generic equivalent (PEG-3350), ask your pharmacist.
- Four tablets of Dulcolax 5mg should be dispensed with the Colyte. Also available over the counter if necessary.
- Avoid eating fruits, vegetables, and seeds for 2 days prior to the procedure.

The morning of the preparation on *the day before the Colonoscopy*:

- Prepare the Colyte/PEG solution by adding water to the fill line and shake well until the powder has dissolved.
- Choose one or multiple flavor packs provided, add it to the bottle and shake well.
- Refrigerate until ready to drink.

The day of the preparation / *The day before the colonoscopy*:

- Drink only clear liquids all day. Clear liquids are those you can “see through.” This may include: Broth, Jell-o, juice popsicles, clear juices, sprite, 7-up, ginger ale, clear Gatorades, 1-2 cups of black coffee or plain tea. Avoid any dairy products and any red or purple liquids.
- Do not eat any solid food.
- At 4PM take two Dulcolax tablets with a glass of water. Take 2 more at 6:00PM
- At 6:00 PM begin drinking the Colyte solution. Drink 8 oz of the solution every 15-30 minutes until it is finished. Shake the solution before pouring in a glass every time to avoid precipitation.
- Between each glass of Colyte, drink a different clear liquid to help break up the flavor and amount of solution you have to drink. For example, after the second glass of Colyte drink a glass of broth, a clear juice or Gatorade. Any of the named clear liquids above are adequate.

- ❑ Bowel movements are expected to begin approximately a few hours after the first glass. They will continue for several hours after you finish drinking the last glass.
- ❑ You are expected to drink the entire Colyte solution. However, you may stop after $\frac{3}{4}$ of the bottle if your bowel movements become completely liquid without fragments or particle matter. Otherwise, continue to drink the solution until clear.
- ❑ Feeling of bloating, abdominal fullness and nausea are common as you drink the solution. This is temporary and should subside once the bowel movements begin. If it is intolerable, you may wait an hour or two then resume again when you are more comfortable.
- ❑ Drink plenty of water or other clear liquids to remain hydrated before, during and after the preparation.
- ❑ You may continue to drink fluids until 4 hours before the procedure. Do NOT consume anything by mouth 4 hours prior to your procedure.

The day of the colonoscopy:

Follow your daily morning routine (i.e. shower, brush your teeth, etc.) and arrive at Valley Digestive Health Center at the time specified above. Expect to spend 2-2½ hours at the facility.

A Colonoscopy involves sedation, and you will not be allowed to leave the facility unaccompanied. Arrangements will need to be made to have an adult companion drive you home and care for you until the sedation gets out of your system.

If a driver is not available to take you home, we will regretfully cancel your procedure. Arrangement for a Taxi ride, walking home, and waiting until awake are not adequate. We must discharge you to the care of an adult companion.

Medications:

- ❑ Please take all your scheduled medications according to your usual schedule except _____.

If you have any questions during your preparation, please call our Arcadia office at (626) 359-3330 or the Glendora office at (626) 963-2490.

If your arrival time is On or After 10:30 AM, please follow the following instructions

A few days before the exam, please purchase the following materials:

- ❑ Fill your prescription of COLYTE at any pharmacy. For generic equivalent (PEG-3350), ask your pharmacist.
- ❑ Four tablets of Dulcolax 5mg should be dispensed with the Colyte. Also available over the counter if necessary.
- ❑ Avoid eating fruits, vegetables and seeds for 2 days prior to the procedure.

The morning of the preparation on the day before the Colonoscopy:

- ❑ To prepare the solution, add water to the fill line and shake well until the powder has dissolved.
- ❑ Choose one or multiple flavor packs provided, add it to the bottle and shake well.
- ❑ Refrigerate until ready to drink.

The day of the preparation / The day before the colonoscopy:

- ❑ Drink only clear liquids throughout the day. Clear liquids are those you can “see through.” This may include: Broth, Jell-o, juice popsicles, clear juices, sprite, 7-up, ginger ale, clear Gatorades, 1-2 cups of black coffee or plain tea. Avoid any dairy products and any red or purple liquids.
- ❑ Do not eat any solid food.
- ❑ At 4PM take two Dulcolax tablets with a glass of water. Take 2 more at 6:00PM
- ❑ At 6:00 PM begin drinking the Colyte solution. Drink 8 oz of the solution every 15-30 minutes until you consume HALF the bottle. Save the second half for the next morning. Shake the solution before pouring in a glass every time to avoid precipitation.
- ❑ Between each glass of Colyte, drink a different clear liquid to help break up the flavor and amount of solution you have to drink. For example, after the second glass of Colyte drink a glass of broth, a clear juice or Gatorade. Any of the named clear liquids above are adequate.
- ❑ Bowel movements should begin approximately a few hours after the first glass. They will continue for several hours after you finish drinking the last glass.
- ❑ Feeling of bloating, abdominal fullness and nausea are common after the first glass of the solution. This is temporary and should subside once the bowel movements begin.
- ❑ Drink plenty of water or other clear liquids to remain hydrated before, during and after the preparation.
- ❑ You may continue to drink fluids until 3 hours before the procedure. Do NOT consume anything by mouth 3 hours prior to your procedure except the Miralax solution.

The day of the colonoscopy:

- ❑ On the morning of the Colonoscopy, wake up at 5:00 AM and consume the second HALF of the solution, an 8 Oz glass every 15-30 min.
- ❑ You are expected to drink the entire Colyte solution.
- ❑ You may drink clear liquids until 3 hours before your scheduled procedure time. Have nothing to eat or drink 3 hours prior to the procedure.
- ❑ Follow your daily morning routine (i.e. shower, brush your teeth, etc.) and arrive at Valley Digestive Health Center at the time specified above. Expect to spend 2- 2½ hours at the facility

Colonoscopy involves sedation, and you will not be allowed to leave the facility unaccompanied. Arrangements will need to be made to have an adult companion drive you home and care for you until the sedation gets out of your system.

If a driver is not available to take you home, we will regretfully cancel your procedure. Arrangement for a Taxi ride, walking home, and waiting until awake are not adequate. We must discharge you to the care of an adult companion.

Medications:

- ❑ Please take all your scheduled medication according to your usual schedule except:
-

If you have any questions during your preparation, please call our Arcadia office at (626) 359-3330 or the Glendora office at (626) 963-2490.

Please be advised that if you cancel your endoscopy procedure with less than 1 weeks notice, you will be charged \$200.00. The next available appointment will be approximately 6-8 weeks from the original scheduled date.

If you belong to an HMO (Physician Associates, HealthCare Partners) and your authorization expires before your rescheduled appointment, it will be your responsibility to contact your PCP and request a new authorization and/or extension.

Thank You