

COLONOSCOPY PREPARATION GUIDE

True gut gi health

Patient Name: _____

Appointment Date: _____

Location: _____

INTRODUCTION

Please read these instructions at least one (1) week before your exam. A successful colonoscopy depends on proper preparation. Your colon must be thoroughly cleaned for your doctor to see clearly.

If you have questions about your procedure, please call your procedure facility ahead of time.

WHAT YOU NEED TO GET (ONE WEEK BEFORE)

From Your Pharmacy (Prescription)

- **Bowel Preparation Solution:** Trilytely, Colytely, Golytely, GaviLyte-G, or Nulytely
 - We'll send this prescription to your pharmacy
 - Follow OUR instructions (not those on the bottle)

From Any Store (Over-the-Counter)

- **Simethicone Chewable Tablets (125mg)** (also called GAS-X)
 - If only 80mg tablets are available, take two tablets per dose
 - **OR** Alternative: Mylicon Infant Drops (0.5oz bottle; found in baby medicine section)
 - This helps reduce gas and bloating during preparation
- **OPTIONAL:** Extra laxative Lactulose 90ml
 - **We recommend this for patients who experience constipation regularly.**

SPECIAL HEALTH CONSIDERATIONS

Contact our office immediately if any of these apply to you and you haven't already discussed them with us:

- You take blood-thinning medications (Coumadin/warfarin, Plavix, Pradaxa, Effient, Eliquis, Xarelto)
- Current heart condition evaluation
- Recent heart procedure within the last 6 months (stent, valve replacement, etc.)
- Chest pain or shortness of breath during activity
- Diabetes
- Kidney disease or dialysis treatment
- Seizure disorder
- History of excessive bleeding during surgery or dental work
- Taking weight loss or diabetes medications such as:
 - **GLP-1 medications** (Semaglutide, Ozempic, Wegovy, Rybelsus, Trulicity, Bydureon, Byetta, Saxenda, Victoza, Adylzin, Zepbound)
 - If taken daily: Stop 24 hours before procedure
 - If taken weekly: Stop 7 days before procedure
 - **Phentermine:** Stop 7 days before procedure

PREPARATION TIMELINE

7 DAYS BEFORE YOUR PROCEDURE:

- Avoid these foods: beans, corn, tomatoes, cucumbers, nuts, and foods with seeds (poppy, flaxseed, sesame, sunflower)
- Pick up your bowel preparation from the pharmacy
- Purchase Simethicone/Mylicon and optional extra laxative
- Stop GLP-1 medications and Phentermine

5 DAYS BEFORE YOUR PROCEDURE:

- Stop eating foods with OLESTRA (found in fat-free chips and margarine)
- Stop fish oil supplements
- Stop oral iron supplements

2 DAYS BEFORE YOUR PROCEDURE:

- If you tend to be constipated, drink 90 ml of lactulose one day

THE DAY BEFORE YOUR PROCEDURE: **Date:** _____

DIET INSTRUCTIONS

- Start clear liquid diet at breakfast (continue ALL DAY)
- NO solid foods, milk, or milk products
- NO red, purple, or green colored liquids or Jell-O

APPROVED CLEAR LIQUIDS:

- Water
- Clear fruit juices (apple, white grape, white cranberry)
- Gatorade
- Clear broth or bouillon (no bone broth)
- Jell-O (no red, purple, or green; no added fruit)
- Lifesavers
- Popsicles (no red, purple, or green)
- Tea
- Soda
- Ensure CLEAR
- Take your normal prescription medications unless advised otherwise

- Do NOT take Phentermine or GLP-1 medications
- Avoid alcohol
- Drink plenty of water and clear liquids all day to prevent dehydration

PREPARE YOUR BOWEL SOLUTION

- In the morning, mix your bowel preparation according to instructions
- If using Mylicon Infant Drops instead of Simethicone tablets, add the entire container to your bowel preparation
- Mix well and refrigerate

TAKING THE FIRST HALF OF BOWEL PREP (Between 5pm and 8pm)

- **At 4 pm:** Take 1 Simethicone Chewable Tablet (skip if using Mylicon Infant Drops)
- Drink half of the prepared solution
- Drink one 8-ounce glass every 15 minutes
- Drink a total of 8 glasses over 2 hours
- Tips:
 - Drink each glass quickly rather than sipping
 - Using a straw may help
 - Expect feelings of bloating, nausea, or chilling—these are temporary and improve once bowel movements begin
 - If you vomit, slow down your drinking pace
 - Stay near a bathroom—you will have multiple bowel movements
 - Store the remaining half of the solution in the refrigerator

TAKING THE SECOND HALF OF BOWEL PREP

- Around 9-10 PM
- Take 1 Simethicone Chewable Tablet (skip if using Mylicon Infant Drops)
- Drink the remaining half of the preparation
- Follow the same process: One 8-ounce glass every 15 minutes
- Complete within 2 hours
- Drink 2 glasses of water after finishing
- Your stool should be clear and yellow. If still brown, drink one 60 ml of lactulose
- Drink plenty of liquids

THE MORNING OF YOUR PROCEDURE: **Date:** _____

- **Diabetic Patients:** Do NOT take Insulin or Oral Hypoglycemic medications this morning
- No coffee

4 HOURS BEFORE YOUR PROCEDURE TIME:

- STOP ALL FLUIDS
- No coffee
- No hard candy, gum, tobacco products, or nicotine pouches
- Nothing more to drink until after your procedure

DAY OF PROCEDURE REMINDERS

- NO SOLID FOODS
- Clear liquids allowed up to 4 hours before your procedure (NO coffee)
- Take only necessary medications (blood pressure, seizure medications, etc.)
- NO vitamins, minerals, or herbal supplements
- NO marijuana and/or illicit drug use.
- NO gum, candy, or nicotine pouches.
- **Diabetic Patients:** Take your usual insulin or medication AFTER the procedure, after you've eaten

GENERAL INFORMATION

- Bring all forms from your Pre-Procedure Packet
- Expect a call from the Endoscopy Center before your procedure
- Bring insurance cards and photo ID
- Co-pays and deductibles are due at time of service
- Leave jewelry and valuables at home
- Bring reading glasses and hearing aids if needed
- Bring inhalers if you use them
- **YOU MUST HAVE A DRIVER TO TAKE YOU HOME**
 - Your driver must return NO later than 3:30pm
 - If taking a taxi, you MUST be accompanied by a responsible adult
 - Transportation resources available upon request
- If staying somewhere other than your main residence, please inform our office
- If you think you're having an allergic reaction to the prep solution (rare), contact us immediately or go to the nearest ER
- phone: 818-538-2562

SAME DAY QUESTIONS OR CONCERNS ONLY

Monday thru Friday only (7:00am to 3:30pm); no emergency calls.