

Pre-Procedure Instructions for Colonoscopy One-Day Preparation

Please bring a list of your current medications and this instruction sheet to your appointment. You must have a driver with you who will wait for you while you are under our care. If you do not have a driver, your appointment will be rescheduled.

1. Fill your or pick up your prescription for ONE of the following:
 - Golyte – 1 Gallon or generic form
 - SuPrep – 1 Kit
 - Movi Prep – 1 Kit

**Prescriptions that are called into your pharmacy must be picked up within 72 hours.
2. If you take medication(s) for your heart, blood pressure, breathing, anxiety, and/or pain, be sure to continue taking them at your normally scheduled times. This includes on the morning of your procedure with a small sip of water, if necessary.
3. If you take medications for diabetes, do not take it until after your procedure and you have eaten. This includes oral and injection medication.
4. **PLEASE immediately notify our office if you are on blood thinners such as Coumadin or Xarelto. These medications MAY need to be stopped several days before your exam.**
5. You will be on a liquid only diet the entire day before your exam. Clear liquids include Jell-O (do not consume red or purple), clear broth, strained fruit juices without pulp (apple, white grape, lemonade, etc.), water, coffee and tea (with no milk or creamer), soft drinks (orange, ginger ale, cola, 7up, sprite), Gatorade, Kool-Aid, and popsicles. **NO SOLID FOODS – this includes bread, rice, and toast – if you have to chew it, you cannot have it.**
6. **At 6 PM the evening before your exam**, mix your preparation according to the package directions and drink half (1/2) the total volume. Continue to stay on liquids (no solid foods).
7. Drink the remaining volume of your prep at **11 PM the night before your exam**.
8. Do not drink any liquids after midnight. Remember: you are still not eating.

If you need to cancel or reschedule your procedure, please notify our office at (916) 681-6100.