

1. These instruction sheets contain key information on how to prepare for your colonoscopy procedure. If you have any questions, contact our office at (559) 544-6865.
2. Please read and follow all instructions at least 7 days in advance. Do not follow instructions from other sources, including your prescription unless specifically designated by the ordering doctor.
3. Please fill your prescription within 7 days as your pharmacy may not keep the prep. Obtain your bowel prep at least 5 days prior. **Your bowel prep includes an over-the-counter medicine named Simethicone. Please purchase Simethicone from your pharmacy separately prior to your colonoscopy.**
4. Please be aware that all patients need a ride home following the procedure. No driving or important decisions should be made the rest of the day.
5. If you plan to cancel your procedure, please notify us 7 days in advance.

## Before your procedure, adjust your medications as follows

Semaglutide (Ozempic, Rybelsus), Dulaglutide (Trulicity), Exenatide, (Bydureon, Byetta), Liraglutide (Victoza, Saxenda), Lixisenatide (adlyxin)

- If you take these once per week → Do not take the dose 7 days before your procedure
- If you take these once per day → Hold the dose the day before your procedure
- If you take these twice daily → Hold the evening dose the day prior to your procedure

### STOP TAKING

Canagliflozin (Invokana®),  
Dapagliflozin (Farxiga®),  
Empagliflozin (Jardiance®) -  
3 days before

Warfarin (Coumadin®) - 4  
days before

Clopidogrel (Plavix®) or  
Ticagrelor (Brilinta®) - 5 days  
before

Iron-containing tablets - 5  
days before

Ibuprofen, Naproxen  
(Anaprox, Naprelan,  
Naprosyn, Aleve -  
5 days before

Prasugrel (Effient®) - 7 days  
before

### STOP TAKING WITH APPROVAL OF PRESCRIBING PHYSICIAN

Blood thinners – such as Coumadin®  
(warfarin), Plavix® (clopidogrel),  
Xarelto® (Rivaroxaban), Eliquis®  
(Apixaban), and Effient® (Prasugrel).  
Speak with your prescribing physician  
or the specialist performing the  
procedure at least 2 weeks before  
the scheduled test. Do not stop these  
medications without the consent of  
your physician.

Diabetes medications – Please  
call the doctor that monitors your  
glucose levels. Your medications may  
need to be adjusted due to the diet  
restrictions required with this bowel  
preparation.

### APPROVED TO TAKE

Blood pressure and  
heart medication\*

Inhalers

Aspirin: 81 mg is  
approved. If you take  
325 mg, switch to 81  
mg one week before  
your procedure.

*\*Please speak with your  
prescribing physician  
or specialist at least  
two weeks before your  
appointment.*

Contact your Primary Care Provider (PCP) if you have specific questions about medicine you take.

## Preparing For Your Colonoscopy

To best clean out your colon, adjust your diet starting 3 days before your colonoscopy:

### 3 DAYS BEFORE

#### STOP

- All raw fruits and vegetables
- All fruits and vegetables with seeds (cucumbers, tomatoes, strawberries)
- Nuts
- Popcorn
- Seeds (i.e. flax and chia seeds)
- Whole grains/beans
- Quinoa
- Fiber supplements

#### APPROVED TO TAKE

- Cooked fruits and vegetables without seeds
- Eggs
- Milk
- Noodles
- Poultry and fish
- Skinless potatoes
- White bread
- White rice

### 1 DAY BEFORE

#### STOP

- All solid foods

**Drinks to avoid:** Red, purple, or pulpy foods and drinks like:

- Red or purple gelatin
- Orange juice
- Red or purple sports drinks

#### APPROVED TO TAKE

- Water/coconut water
- Coffee/tea without milk
- Sports drinks (i.e., Gatorade)
- Gelatin/popsicles
- Fat-free broth
- Green or yellow gelatin
- Ginger ale
- Honey & sugar
- Clear juices/broth

**Eating solid food the day before your procedure may result in your procedure being canceled.**

**Please adhere to the clear liquid diet 1 day prior and be sure to stay hydrated.**

## The Days Before Your Procedure

If your bowel prep is not adequate, rather than giving you an incomplete or poor examination, your procedure may have to be rescheduled.

### BEFORE YOUR COLONOSCOPY

- You will receive one 4L container with powdered bowel preparation (GoLYTELY).
- Purchase over-the-counter Simethicone tablets from your pharmacy separately (commonly sold under the name Gas-X or Mylanta Gas).

### ONE NIGHT BEFORE YOUR COLONOSCOPY

- **At 3 PM, mix GoLYTELY by following the instructions on the box.** You may add 2 tablespoons of drink mix, such as Crystal Light, to the powder before adding the water, to improve the taste. **Drink 8 ounces of the mixture every 10-15 minutes until half of the GoLYTELY is gone.**
- Chew and swallow Simethicone tablets while drinking your solution (for best results, add a total of about 400 mg, which is typically 3-4 tablets. Check the label on the box to confirm because it can vary depending on the brand).
- If you feel nauseated, stop drinking and take a break. Restart after 30 minutes or when nausea passes.
- It is best to stay home while you drink this, as you will need to use the bathroom frequently.
- You may use healing ointment (Vaseline or Desitin) on the area around your anus to protect your skin from getting sore.

### THE DAY OF YOUR PROCEDURE

- Aside from the medication referenced above, take any other regular medication with a small sip of water.

### 5-6 HOURS BEFORE YOUR PROCEDURE:

- **Drink the second half (2 liters) of the GoLYTELY. Drink 8 oz every 10-15 mins.**
- Chew and swallow Simethicone tablets while drinking your solution (take the same amount as the night prior).
- You may have clear liquids up to 4 hours before you are scheduled to arrive for your procedure.
- **You must not eat anything the day of your procedure.**

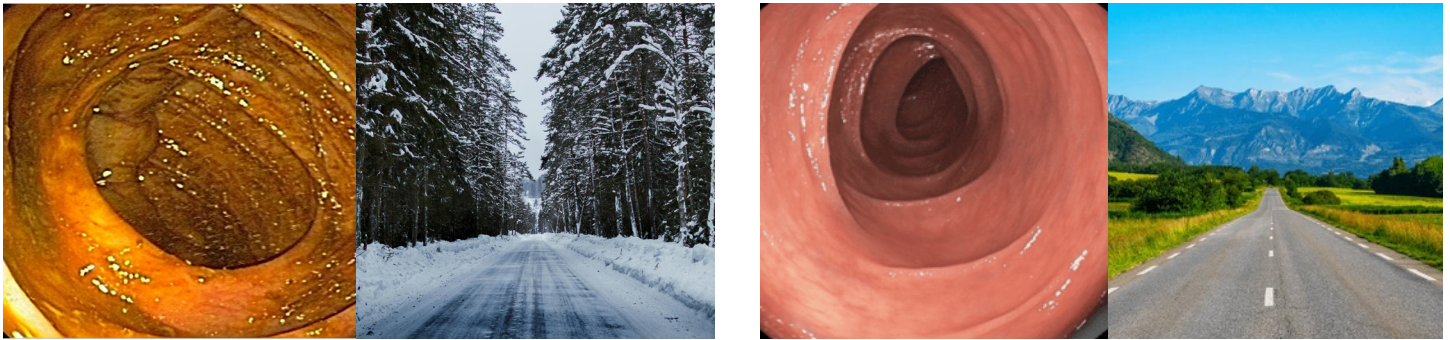
It is important for you to follow the instructions for your bowel prep to adequately clean out the inside of your colon. Your doctor must be able to see your colon wall entirely to do the test properly. If it is dirty on the inside, your doctor may not be able to see important things like polyps or cancer, and you may need to repeat the test.

Think of it this way: A dirty colon is like driving in a snowstorm.

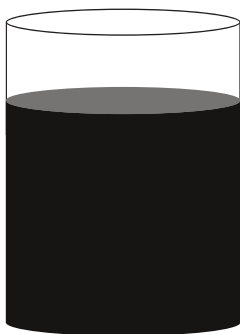
A clean colon is like driving on a country road on a sunny day.

*Dirty Colon*

*Clean Colon*

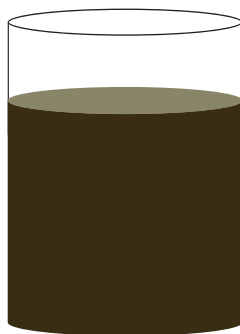


As you drink your prep, the stool coming out should slowly begin to look like the solution you are drinking – clear without any particles. Below is a guide to help see what your stool should look like in the toilet when your prep is complete:



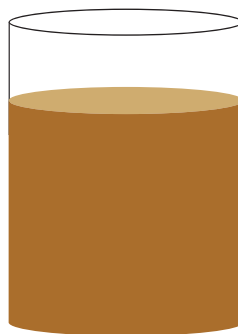
*Dark and murky.*

**NOT OK.**



*Brown and murky.*

**NOT OK.**



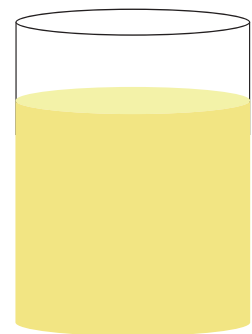
*Dark and semi-clear.*

**NOT OK.**



*Light orange and clear.*

**ALMOST THERE!**



*Yellow and clear, like urine.*

**YOU'RE READY!**

## Additional Information

### APPOINTMENT LOCATION

#### SVMC Ambulatory Surgery Center

577 West Putnam Avenue  
Porterville, CA 93257

### THINGS TO BRING

- A valid photo ID and insurance card.
- A list of your known allergies, current medications, and any medical or surgical history.
- Please leave jewelry or other valuables at home.

### TRANSPORTATION REMINDER

- Your ride/responsible adult must be readily available to pick you up when called. This is usually within 3-4 hours after your arrival.
- Public transportation or taxi/Uber/Lyft rides are not allowed unless you have a responsible adult accompanying you home with you.
- Unfortunately, if you are not able to secure a ride/responsible adult, we will need to cancel the procedure and reschedule it at another time.

### AFTER YOUR PROCEDURE

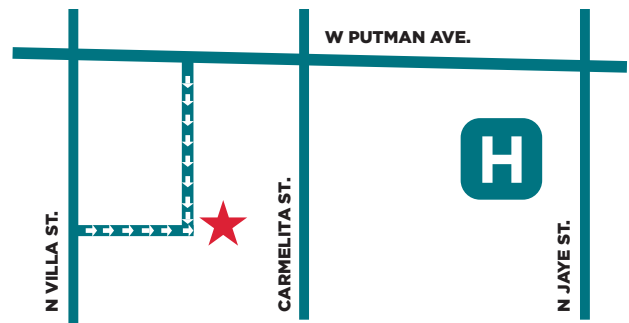
- You may resume your normal foods, beverages, and medications.
- Your stools may not return to normal for 3-5 days.

### IF YOU HAD A POLYP REMOVED OR ANOTHER BIOPSY TAKEN

- You may experience bleeding for up to 2 weeks after your procedure.
- You will receive your results in 1-2 weeks. Please call our office if you have any questions.

### WHEN TO CALL YOUR HEALTHCARE PROVIDER

- Any unusual abdominal or shoulder pain
- Temperature higher than 100.5°F
- Chills
- Nausea or vomiting
- Rectal bleeding



577 W Putnam Ave. Porterville, CA 93257

## Frequently Asked Questions

### HOW MUCH DOES THE PRESCRIPTION COST?

This amount will depend on your insurance coverage and may range anywhere from \$15-\$75. The preparation was designed to ensure that your colon is completely clean so your doctor can be certain he/she has performed the best colon cancer screening possible.

### WHAT IF I DON'T LIKE THE TASTE?

The instructions you received contain the results of several taste tests that determined the best way to flavor the laxative. If you don't care for lemon or lime, you may also use tea bags or iced tea to improve the flavor. Drinking the solution through a straw may help to "bypass" your taste buds.

The laxative has been sweetened with NutraSweet so do not add sugar unless necessary. You may add clear juice or soda to the bowel prep and make it cold which may help. Sucking on a lemon drop or hard candy after each glass can be helpful, as well.

### I HAVE DIARRHEA; DO I NEED TO DRINK THE ENTIRE LAXATIVE AMOUNT?

Even though you think your colon is clean, it is best to be sure by taking the preparation as prescribed. Having loose stools with your bowel prep is expected.

### I DON'T WEIGH MUCH. DO I NEED TO DRINK THE ENTIRE AMOUNT?

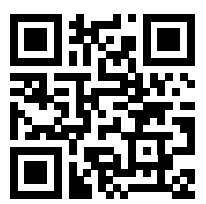
Yes. All colon lengths are the same, no matter how much you weigh.

### I FEEL NAUSEATED OR FEEL TOO FULL TO DRINK THE REST OF THE LAXATIVE. WHAT DO I DO?

If you are too full to continue drinking, take a break until you feel less full and then resume drinking.

### MY BOWELS HAVEN'T MOVED YET AFTER DRINKING THE LAXATIVE. WHAT DO I DO?

People typically experience a bowel movement within a couple of hours of starting the prep, but this varies from person to person. If you tend to have constipation it will take longer. If you have experienced no effects after several hours, you should consult your physician.



For more information and answers to frequently asked questions, please visit [sierra-view.com/colonoscopy](https://sierra-view.com/colonoscopy) or scan the QR Code.