

GENERAL INSTRUCTIONS BEFORE COLONOSCOPY

CONFIRM YOUR LOCATION:

▣ **POMONA VALLEY HOSPITAL**

1798 N. Garey Ave, Pomona, CA 91767

Phone (909) 865-9141

▣ **ARCHIBALD SURGERY CENTER** 9674 Archibald Ave, Suite 175, Rancho Cucamonga, CA 91730
(Will call 1-2 business days before to give the exact procedure time)

Phone: (909) 296-8930

PLEASE READ THESE INSTRUCTIONS CAREFULLY BEFORE YOU START: Failure to follow instructions as indicated below may result in a poorly cleansed colon and possible cancellation of the procedure or incomplete examination.

ARRANGE FOR TRANSPORTATION: Since Endoscopy involves anesthesia/ sedation, you must have someone drive you home and stay with you for 2-4 hours following the procedure. **You may use Uber or Lyft services but must have a responsible adult other than the driver for discharge.**

Inform the Office Immediately

- If you started any immunosuppressive medications or a chemotherapy regimen.
- Experienced chest pain, shortness of breath or dizziness
- If there is a change in your insurance coverage

STOP THE FOLLOWING MEDICATIONS:

14 DAYS BEFORE THE PROCEDURE	Ozempic/ Wegovy: Semaglutide Mounjaro: Trizepatide Trulicity: Dulaglutide Saxenda/Victoza: Liraglutide
5 DAYS BEFORE THE PROCEDURE	NSAIDs: Advil, Ibuprofen, Motrin, Aspirin, Aleve, Naproxen, Celebrex, Diclofenac, Meloxicam Coumadin/ Warfarin Anti-Platelet Therapy: Plavix/ Clopidogrel, Prasugrel/ Effient, Ticlopidine/ Ticlid, Brilinta/Ticagrelor, Aspirin, Excedrin. Supplements: Any iron or multi-vitamin (with iron), Fish Oil, Vitamin E, omega-3, CoQ10, Fosamax, and Garlic supplements.

3 DAYS BEFORE PROCEDURE	Apixaban/ Eliquis Rivaroxaban/ Xarelto Dabigatran/ Pradaxa Edoxaban/ Savaysa
--------------------------------	---

PREPARATION FOR THE COLONOSCOPY

5 DAYS BEFORE THE COLONOSCOPY:

- **Pick up the prescribed laxative preparation from the pharmacy**
- No raw vegetables (cooked, steamed or boiled are okay).
- Avoid legumes, nuts, seeds, popcorn, whole wheat bread, corn, or fruits with seeds or skins as they may adversely influence the quality of your exam.

THE DAY BEFORE THE COLONOSCOPY:

- STAY HYDRATED!
- DO NOT EAT ANY SOLID FOODS! Take less than your usual dose of insulin or diabetic medications on the day before your procedures if you have a tendency to have low blood sugars.
- Clear fluids ONLY for BREAKFAST, LUNCH & DINNER.
- DO NOT drink or eat anything colored RED, PURPLE. Please, no alcoholic beverages.

WHAT ARE CLEAR LIQUIDS?

If you can see through a liquid, it is considered a "Clear Liquid".

Examples include:

Water

Broths

Soft drinks (Sprite, 7up, Ginger Ale)

Strained fruit juices without pulp: Apple, white grape or white cranberry

Limeade or lemonade

Kool-aid (NO RED, PURPLE OR PINK)

Gatorade

Tea (DO NOT use a dairy or non-dairy creamer)

Gelatin desserts without added fruit or topping (NO RED, PURPLE OR PINK)

Clear hard candies (ex: Jolly Ranchers)

Popsicles (No bars with pulp)

BOWEL PREPARATION:

- **Please pick up the laxatives at least 5 days before your procedure date to avoid delays and cancellations.**
- **Click the links below for detailed instructions on completing the cleanse before your colonoscopy-**

CLENPIQ	ENGLISH	SPANISH
GOLYTELY/ NULYTELY	ENGLISH	SPANISH
GOLYTELY/ NULYTELY- 2 DAY	ENGLISH	SPANISH
MAGNESIUM CITRATE	ENGLISH	SPANISH
MIRALAX	ENGLISH	SPANISH
PLENVU	ENGLISH	SPANISH
PLENVU- 2 DAY	ENGLISH	SPANISH
SUPREP	ENGLISH	SPANISH
SUPREP - 2 DAY	ENGLISH	SPANISH
SUTAB	ENGLISH	SPANISH