

at the correct time. We are aware of the inconvenience but the two-stage prep provides a superior cleansing of the colon.

2. ~~3 hours~~ before your procedure, ~~take any currently prescribed~~ heart and blood pressure medications with a small sip of water.
3. If you are diabetic: Do not take your diabetic medications (pills or insulin) the morning of your procedure. If you normally monitor your blood sugars at home, please check your blood sugar the morning of your procedure.
4. **DO NOT EAT or DRINK ANYTHING after taking your second dose of preparation until AFTER your procedure has been completed!**
5. **No chewing gum, hard candy, or chewing tobacco within 4 hours of your procedure!**
6. Please report to your appointment at the scheduled time. NOTE: Plan to be at the procedure center for about two and a half hours.
7. A driver must come with you in order to drive you home after the procedure. You will be sedated for your colonoscopy. You may not drive or work until the day following your procedure. If the center cannot verify your ride home, your procedure could be cancelled.
8. You will receive instructions about diet, activity and restarting medications after your procedure. Plan to rest and avoid important decisions for the remainder of the day since you have been sedated.

Other Tips (Optional but helpful)

- COLD: Refrigerate the preparation to improve tolerability. You cannot use ice cubes but putting both the suprep and the water in the fridge helps.
- CHASER: You may want to have some ginger ale in the refrigerator. After you drink the liquid preparation, try chasing it with a few swigs of ginger ale or suck on a lime between sips of prep prior to drinking the water. For those with no constipation or slow-moving bowels, you may mix the suprep with ginger ale instead of water
- SOFT: Consider using some flushable soft wipes instead of regular toilet paper while you are prepping
- PROTECT: Some people like to put a skin protectant like vaseline, aquafor, or diaper rash cream on their bottom to prevent chaffing prior to starting and during the process of their preparation

(preparation and diet instructions are also available at www.californiadigestivecare.com)

General Guidelines: When to Hold your Blood Thinner Before for your Exam						
# Days Prior to Exam to Stop your Blood Thinner						
10 days Prior:	Ticlid	Zontivity				
7 days Prior	Aggrenox					
5 days Prior	Coumadin	Plavix	Effient	Brillinta	Aspirin	
2 days Prior	xarelto	Eliquis	Savaysa	Pradxa	Persantine	Fondiparinux
<i>(You may need to hold longer if you have decreased kidney function)</i>						
1 day Prior	Integrilin	Lovenox	Heparin	AngioMax	ReoPro	Agatroban

LOW RESIDUAL DIET (DAY PRIOR TO YOUR EXAM UNTIL 4 PM)

TYPE OF FOOD OR DRINK	YES--OK to DRINK	NO--AVOID THESE
Milk and dairy	OK to eat:	NO yogurt mixed with:
	• Skim or Low-Fat Milk	• nuts, seeds, granola
	• Cheese, including cottage cheese	• fruit with skin or seeds
	• Low- Fat Ice cream	(such as berries)
	• Non-Fat or Low-Fat Yogurt without fruit or seeds	
Bread and grains	OK to eat:	NO whole grains or high-fiber:
	• Breads and grains made with refined white flour (including rolls, muffins, bagels, pasta)	• Brown or wild rice
	• White rice	• Whole grain bread, rolls, pasta, or crackers
	• Plain crackers, such as Saltines	• Whole grain or high-fiber cereal (including granola, raisin bran, oatmeal)
	• Low-fiber cereal (including puffed rice, cream of wheat, corn flakes)	• Bread or cereal with nuts or seeds
Meat/Protein	OK to eat:	NO tough meat with gristle
	• Chicken Turkey, Lamb, Lean Pork, Veal	
	• Fish and seafood	
	• Eggs	
	• Tofu	
Legumes	NONE allowed	NO:
		• Peas (including split or black- eyed)
		• Beans (including kidney, garbanzo/chickpea)
		• Lentils
		• Any other legume
Fruits	OK to eat:	NO seeds, skin, membranes; or dried fruit:
	• Fruit juice without pulp	• Raw fruit with seeds, skin, or membranes (includes berries, pine apple, apples, oranges, watermelon)
	• Applesauce	• Any cooked or canned fruit with seeds or skin
	• Ripe cantaloupe and honeydew	• Raisins or other dried fruit
	• Ripe, peeled apricots and peaches	
	• Canned or cooked fruit without seeds or skin	
Vegetables	OK for some if cooked or canned:	NO raw, skin, seeds, peel; or certain other vegetables:
	• Canned & well-cooked vegetables without skin or peel	• Corn
	• Potatoes without skin	• Potatoes with skin
	• Cucumbers without seeds or peel	• Tomatoes
		• Cucumbers with seeds and peel
		• Cooked cabbage or Brussels sprouts
		• Green peas
		• Summer and winter squash
		• Onions

LOW RESIDUAL DIET (DAY PRIOR TO YOUR EXAM UNTIL 4 PM)

TYPE OF FOOD OR DRINK	YES--OK to DRINK	NO--AVOID THESE
Nuts, nut butter, seeds	OK to eat:	NO nuts or seeds:
	• Creamy (smooth) peanut or almond	• Nuts including peanuts, almonds,
	butter	walnuts
		• Chunky nut butter
		• Seeds such as fennel, sesame,
		pumpkin, sunflower
Fats and oils	OK to eat:	NO salad dressing made with seeds or nuts
	• Butter	
	• Margarine	
	• Vegetable and other oils	
	• Mayonnaise	
	• Salad dressings made without seeds or nuts	
Soups	OK to eat:	No:
	• Broth, bouillon, consomme', and	• Unstrained soups
	strained soups	• Chili
	• Milk or cream-based soup, strained	• Lentil, Bean, Corn, or Pea soup
Desserts	OK to eat:	NO:
	• Custard	Coconut
	• Plain pudding	• Anything with seeds or nuts
	• Ice cream	• Anything with added red or purple dye
	• Sherbet or sorbet	
	• Jell-O or gelatin without added fruit or red or purple dye	• Cookies or cakes made with whole
	• Cookies or cake made with white flour, prepared	grain flour, seeds, dried fruit, or nuts
	without seeds, dried fruit, or nuts	
Drinks or beverages	OK to eat:	NO:
	• Coffee or Tea	• Fruit or vegetable juice with pulp
	• Tea	• Beverages with red or purple dye
	• Clear fruit drinks (no pulp)	
	• Soda and other carbonated beverages	
	• Ensure, Boost, or Enlive without	
	added fiber	
Other	OK to eat:	NO:
	• Sugar	• Coconut
	• Salt	• Popcorn
	• Jelly	• Jam or Marmalade
	• Honey	• Relishes
	• Syrup	• Pickles
	• Lemon juice	• Olives
		• Stone-ground mustard