



## DIABLO DIGESTIVE CARE

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**ARRIVE 1 HOUR PRIOR  
TO YOUR SCHEDULED  
PROCEDURE TIME**

***Cancellation within 48 hours of your scheduled  
procedure will result in a \$200 Cancellation Fee***

### **Colonoscopy Instructions: Polyethylene Glycol (PEG) Preps**

#### **FIVE (5) DAYS PRIOR to your Procedure: STOP/DISCONTINUE**

- Fiber Agents: Metamucil, Citrucel, Flax, Salads & Raw Vegetables, etc.
- Medication: Oral Iron, Aspirin, NSAIDS (Ibuprofen, Advil, Motrin, Aleve, etc.), Plavix, Effient, Agrylin (**some of these medications may require the consent of the prescribing physician**)
  - Blood thinners: Coumadin (Discuss with Dr. Chahal if a Lovenox Bridge is required)

#### **THREE (3) DAYS PRIOR to your Procedure: STOP/DISCONTINUE**

- Blood Thinners: Eliquis, Pradaxa, Xarelto (Discuss with Dr. Chahal if a Lovenox Bridge is required)

### **Follow PREP TIMING in accordance to your PROCEDURE TIME (NOT Arrival Time)**

#### **PROCEDURE BEFORE 9 AM:**

##### **1 Day BEFORE your Procedure:**

- Okay to take your routine daily medications & supplements (**excluding the ones above**) as usual
- **NO SOLID FOOD**, ONLY clear liquids
  - o Coffee & Tea (no milk or creamer), Water, Gatorade, Juices, Broth, Jell-O, etc.
  - o Avoid red or purple drinks & milk products
- **PEG Preparation: Start at 6 PM** (Recommend drinking additional fluid as tolerated **before and after** preparation)
  - o Drink an 8 oz. cup of preparation EVERY 10 minutes until completed

##### **Day of Procedure: (See Sedation & Surgery Center Rules below as well)**

- o Do not take your other routine daily morning medication (take AFTER your procedure)

#### **PROCEDURE 9 AM to 12 PM:**

##### **1 Day BEFORE your Procedure:**

- Okay to take your routine daily medications & supplements (**excluding the ones above**) as usual
- Light breakfast is okay (complete BEFORE 9 am, includes eggs, smoothies, low grain cereal- Avoid high fiber cereal and oatmeal, vegetables).
- **AFTER 9 am: NO SOLID FOOD**, ONLY clear liquids
- **PEG Preparation: Start at 5 PM** (Recommend drinking additional fluid as tolerated **before and after** preparation)
  - o Drink an 8 oz. cup of preparation EVERY 10 minutes for a total of 12 cups

##### **Day of Procedure: (See Sedation & Surgery Center Rules below as well)**

- **PEG Preparation: Start at 5 am** (Recommend drinking additional fluid as tolerated **before and after** preparation)
  - o Drink an 8 oz. cup of preparation EVERY 10 minutes for a total of 4 cups
- Okay to take your other daily medication & supplements (**excluding the ones above**) **BEFORE 7 am**

#### **PROCEDURE AFTER 12 PM:**

##### **1 Day BEFORE your Procedure:**

- Okay to take your routine daily medications & supplements (**excluding the ones above**) as usual
- Light breakfast & Light Lunch is Okay (complete BEFORE 12 pm, includes eggs, smoothies, low grain cereal, soups, pasta, rice, chicken & fish. Avoid high fiber cereal, oatmeal, vegetables, red or fatty meat).
- **AFTER 12 PM: NO SOLID FOOD**, ONLY clear liquids

##### **Day of Procedure: (See Sedation & Surgery Center Rules below as well)**

- **PEG Preparation: Start at 5 AM** (Recommend drinking additional fluid as tolerated **before and after** preparation)
  - o Drink an 8 oz. cup of preparation EVERY 10 minutes until completed, must finish by **10 AM**
- Okay to take your other daily medication & supplements (**excluding the ones above**) **BEFORE 10 am**

**IF a "2 DAY Prep" is recommended, take 2 tablets of Dulcolax laxative (over the counter) in the morning and evening  
TWO (2) DAYS PRIOR to your procedure**

**SEDATION RULES: ABSOLUTELY NO LIQUID CONSUMPTION 2 HOURS BEFORE YOUR PROCEDURE**

#### **SURGERY CENTER RULES: YOU MUST HAVE SOMEONE TO DRIVE YOU HOME**

- *No Facility will allow a procedure without an identifiable and consenting escort available*

Premier Surgery Center  
2222 East Street Ste. 200  
Concord, CA 94520  
(925) 691-5000

Diablo Plaza Surgery Center  
2222 East Street, Ste. 290  
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