

You **MUST have a driver** to drive you home. No Taxi or Rideshare. Failure to do so will result in the cancellation of the procedure.

Day Before Procedure – (ALL DAY)

- You will be taking a clear liquid diet only.
- **NO** solid food for the entire day
- **DO NOT** drink milk or any other dairy products.
- **DO NOT** eat or drink anything containing dark red or purple color.
- **DO NOT** drink alcoholic beverages.

You CAN DRINK these CLEAR LIQUIDS:

- Chicken broth ONLY (**NO NOODLES OR RICE**)
- Apple or White Grape Juice
- Clear or Yellow Soft Drinks (Sprite, Sun drop, Ginger Ale, Mountain Dew, Sierra Mist)
- Popsicles (no yogurt or ice cream)
- Jell-O (peach, lemon, lime, watermelon, white grape)
- Water, Gatorade
- Strained fruit juice (**WITHOUT PULP**)
- Black coffee or Plain tea (**NO dairy or non-dairy creamer**)

Starting At 5:00 PM, you will begin to take the bowel prep solution:

- Open the 1st bottle of 7oz. solution and pour into the provided 16 oz container and fill up to the line with water. Drink the solution in over 10-15 minutes. Drink an additional 32 oz of water over the next hour.
- If you are provided with a gallon laxative, make sure to mix the solution early in the morning and store it in the refrigerator. At 5pm begin drinking the solution, drink 8 oz every 10 minutes until you've completed the ½ the gallon.

And 6 hours before your procedure, you will take the second half of the prep:

- Open the 2nd bottle of 7oz. solution and pour into the provided 16 oz container and fill up to the line with water. Drink the solution in over 10-15 minutes. Drink an additional 32 oz of water over the next hour. Must be finished 2 hours before your procedure.

- If you are provided with a gallon laxative, make sure to keep it stored in the refrigerator. Six hours before your procedure, begin drinking the solution, drink 8 oz every 10 minutes until you've completed the other ½ the solution. Must be finished 2 hours before your procedure.

Please note: You should continue consuming only clear liquids for the entire duration of your bowel preparation, up until midnight.

Nothing by mouth after midnight the night prior to the procedure. (The only liquid to be taken by mouth after midnight, depending on what time you are scheduled for, is the second half of the bowel prep solution). It is okay to take blood pressure medications in the morning of your procedure (please take all other medications after the procedure or per doctor's instructions) – If you are on a GLP-1, please notify our staff as you will need to be off the medication 2 weeks before your procedure. If you are on any blood thinners, you are to also hold medication as clearance is possibly needed beforehand.

If you have constipation or a history of inadequate bowel prep (not completely cleaned out), we recommend a low residue, low fiber diet **3 days and 2 days before your procedure**, followed by clear liquids only 1 day before your procedure. Please also take Dulcolax 15 mg the afternoon before your procedure or 2 packets of Miralax. A low residue low fiber diet means avoiding nuts, seeds, granola, fruits with skin or seeds (berries, apples, oranges, etc), brown rice or wild rice, whole grain breads pastas or rolls, tough meats, legumes (peas, beans, lentils, etc.) , raisins or dried fruit, potatoes with skin, tomatoes, cucumbers, cooked cabbage, green peas, lima beans, onions, coconuts, fruits or vegetable juices with pulp, popcorn, jam , marmalade, pickles, etc.

If you have any trouble, do not understand the prep instructions, or have any questions about the bowel prep medication prescribed for you, please visit www.pdhgi.com or call the office directly at 909-655-0300.

LOCATIONS:

- San Antonio Hospital – 999 San Bernardino Rd. Upland Ca 91786. Go through the main entrance (fountain) and ask for the GI lab at the reception (at ACU if with General Anesthesia)
- San Antonio Surgery Center – 901 San Bernardino Rd. Upland Ca 91786 (west side of San Antonio Hospital)
- Archibald Surgery Center - 9674 Archibald Ave. Ste. 175 Rancho Cucamonga, CA 91730
- Pomona Valley Hospital Medical Center – 1798 N Garey Ave. Pomona Ca 91766 (enter through the Women's Center. Around back where the fountain is located.)

Please be advised that the facility will call you any time from 7 days to the night before the procedure to give you the time of arrival. Also, a reminder, if you are on any blood thinners or GLP-1 medication, to please notify our office staff.