My Colonoscopy Prep Calendar VEC

7 Days Prior to Appt.
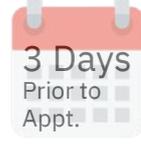
☐ Be sure you have picked up your .prescription

☐ Read your instructions Call IVGA if you have questions.

☐ Stop taking blood thinning medications. Naproxine, Plavix, Coumadin, Warfarin.

☐ IVGA will text to confirm. Please respond letting the staff know you will be able to make it.

☐ If there has been a change to your insurance be sure IVGA is given your new plan info to be sure we gather the necessary authorizations and you do not end up financially responsible.

5 Days Prior to Appt.

☐ Confirm with the person who is providing your ride home. You must have ride home as you will be receiving sedation (NO TAXIS, Lyft, or Uber by yourself). Please inform your escort that the visit will take 2 ½ -3 hours.

4 Days Prior to Appt.

☐ Be on the lookout for a call from the endoscopy center.

3 Days Prior to Appt.

☐ Stop eating nuts, corn, and seeds

☐ If you are unable to make your appointment please call, 805-641-6525. IVGA requires 72 hours notice for cancellations

Your prep is one of the most important parts of your colonoscopy. Without a good prep–your bowel empty and clean–your gastroenterologist will not be able to see your colon clearly. This could lead to missing a polyp or rescheduling your colonoscopy.

1 Day Prior to Appt.

☐ NO SOLID FOOD, no dairy, juice with pulp, alcoholic beverages, and nothing red, orange, or purple in color.

☐ *ONLY* clear liquids allowed: Sports Drinks (no red, orange, or purple), apple juice, white grape juice, ginger ale, clear broth/bouillon, water, coffee/tea without milk, clear carbonated beverages, Jell-O, popsicles, and Italian Ice. To stay hydrated, drink at least 8 glasses of clear liquid in addition to the bowel prep.

☐ Start your prep. Follow the instructions. NO SOLID FOOD.

☐ Take your seat at your throne. You will have diarrhea. Pro Tip- Use wet ones and a rash ointment usually helps. You can also apply vaseline around the rectum.

Procedure Day!

☐ Please *take* your morning medications with a sip of water at least 4 hours prior to your procedure time.

☐ Finish your prep, at 4am.

☐ *Stop* drinking all liquids including the bowel prep 4 hours before you are due to arrive a the facility.

☐ Check 5810 Ralston St UNIT 101, Ventura, CA 93003

Check each box daily to ensure proper prep ✔