



Choice Care

by

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Private Medical Services

WHAT DO I DO IF I AM SCHEDULED FOR A COLONOSCOPY?

- 1) You will be scheduled to have a colonoscopy either at Los Alamitos Medical Center or at the Surgery Center on Cherry. The procedure is also available and any number of facilities. If you prefer Long Beach Memorial Hospital or another facility, please let us know.
- 2) You must not have anything to eat for 48 hours prior to the study excepting clear liquids. Jell-O is allowed but not if it is red. Gatorade is fine ... again being careful that it is not red colored.
- 3) You will need to prep yourself in order to clean out your bowel. This is necessary so that the gastroenterologist gets the best opportunity to see the entire colon.
- 4) You must have someone drive you to this study because you will be sedated and you will not be able to drive.
- 5) Do not take your diabetes medication on the morning of your procedure.
- 6) You make take your other medication on the morning of your procedure and you should restart all your medications after the procedure is completed.
- 7) There are many preps ... I have listed one below.

This is a relatively easy colonoscopy prep.

Add a 255-gram bottle of PEG solution to 64 oz of Gatorade in any flavor that does not contain red or purple dye.

PEG solution is polyethylene glycol solution. We will give you an Rx for that.

Drink 8 oz of this mixture every 10-15 minutes starting at 3pm the day before the colonoscopy and continue until all the solution is gone.

Take 2 bisacodyl tablets at noon and 2 more tablets at 6pm on the day prior to the colonoscopy.

Remember to drink lots and lots of fluids all day

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