



GASTROENTEROLOGY SPECIALISTS, INC.

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Colonoscopy Preparation Instructions

!! Do not follow the directions on your prep container. They will be different than our instructions. !!

3 days before your colonoscopy:

Stop:

- Iron and Bulk Laxatives
- Metamucil
- Effersyllium
- Avoid high-fiber foods such as nuts, seeds, raw vegetables

Starting the day before your colonoscopy:

When you wake up, begin a clear liquid diet

- ☒ **Do not eat any solid foods, dairy products or drink alcohol. Do not drink anything red or purple.**
- ☒ Clear liquids include: water, soda, sports drinks, clear broth or bouillon, black coffee, black tea, popsicles, plain Jell-O, and clear fruit juices without pulp (white grape, apple juice).

*** Between 5pm and 7pm the evening before your procedure:**

- Mix and drink the first half of your prep followed by 32oz of water.

*** 9 hours before your scheduled procedure time:**

- Mix and drink the second half of your prep followed by 32oz of water.

You must finish this second half no later than 8 hours before your scheduled procedure time.

Example: If your procedure time is 9am, begin drinking the second half of your prep at midnight and finish no later than 1am.

- * If you are taking the Gavilyte or GoLytely prep, start the second half of your prep 10 hours before your scheduled procedure time and finish no later than 8 hours before your scheduled procedure time. You **DO NOT** have to follow your prep with 32oz of water.

!! IMPORTANT !! NOTHING in your mouth 8 HOURS before your procedure arrival time. DO NOT:

- ☒ Eat food, mints, gum, or candy
- ☒ Drink anything, including water
- ☒ Chew tobacco or nicotine

On the day of your colonoscopy:

- * Do not smoke, use smokeless tobacco, or use marijuana products
- * You may brush your teeth
- * Take your normal morning medications as prescribed unless listed on **Medication Instructions** below.

To avoid possible procedure cancellation:

1. Do not eat or drink anything before your procedure as explained above
2. Arrive for your procedure 45 minutes before your scheduled procedure time
3. Bring a responsible adult who can remain at GSI throughout your entire procedure
4. Do not follow the colonoscopy preparation instructions on your prep container
5. **Any female who has had a menstrual period within the last year will be required to take a urine pregnancy test upon arrival. Please do not urinate in the lobby restroom.**

Medication Instructions

- * On the day of your procedure, take your normal morning medications as prescribed unless listed below.
- * Consult with your provider before proceeding if you have any questions or concerns about your medications.

If You Take a Blood-Thinning Medication		
Stop 7 Days before procedure	Stop 5 Days before procedure	Stop 2 Days before procedure
<ul style="list-style-type: none"> • Plavix (Clopidogrel) • Aggrenox • Effient (prasugrel) 	<ul style="list-style-type: none"> • Brilinta (Ticagrelor) • Coumadin (warfarin) • Fish oil 	<ul style="list-style-type: none"> • Eliquis • Pradaxa • Xarelto
If you take 81mg Aspirin for heart protection, DO NOT STOP IT.		

If You Have Diabetes
<ul style="list-style-type: none"> * Continue taking your diabetes medication as normal until the day before your procedure unless it is listed below * Day before your procedure: Take a <u>half</u> dose of your PM insulin. * Day of your procedure: Do not take any insulin or oral diabetic medication by mouth UNLESS your blood sugar is higher than 300g/dL. If this occurs, take insulin according to your sliding scale.

If you take any of the medications below for Diabetes and/or Weight Loss	
Stop 7 Days before procedure	Stop 3 Days before procedure
<ul style="list-style-type: none"> • Ozempic (Semaglutide) • Wegovy (Semaglutide) injection • Mounjaro (Tirzepatide) • Trulicity (Dulaglutide) • Bydureon (Exenatide) • Zepbound (Tirzepatide) 	<ul style="list-style-type: none"> • Rybelsus (Semaglutide) • Byetta (Exenatide) • Victoza (Liraglutide) • Saxenda (Liraglutide) • Wegovy (Semaglutide) pill

**** Due to potential anesthesia complications, your procedure may be canceled if you do not stop medications as instructed above ****