



## 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
- Efferdent
- 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 GoLyte 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"><li>• Plavix (Clopidogrel)</li><li>• Aggrenox</li><li>• Effient (prasugrel)</li></ul>	<ul style="list-style-type: none"><li>• Brilinta (Ticagrelor)</li><li>• Coumadin (warfarin)</li><li>• Fish oil</li></ul>	<ul style="list-style-type: none"><li>• Eliquis</li><li>• Pradaxa</li><li>• Xarelto</li></ul>
If you take 81mg Aspirin for heart protection, <b>DO NOT STOP IT.</b>		

If You Have Diabetes
<ul style="list-style-type: none"><li>* Continue taking your diabetes medication as normal until the day before your procedure unless it is listed below</li><li>* <b>Day before your procedure:</b> Take a <u>half</u> dose of your PM insulin.</li><li>* <b>Day of your procedure:</b> 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.</li></ul>

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"><li>• Ozempic (Semaglutide)</li><li>• Wegovy (Semaglutide) injection</li><li>• Mounjaro (Tirzepatide)</li><li>• Trulicity (Dulaglutide)</li><li>• Bydureon (Exenatide)</li><li>• Zepbound (Tirzepatide)</li></ul>	<ul style="list-style-type: none"><li>• Rybelsus (Semaglutide)</li><li>• Byetta (Exenatide)</li><li>• Victoza (Liraglutide)</li><li>• Saxenda (Liraglutide)</li><li>• Wegovy (Semaglutide) pill</li></ul>

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