

*** Medication Changes Before Colonoscopy – READ CAREFULLY ***

- **STOP** all **GLP-1** Medications **8 days before** the Colonoscopy
 - Ozempic, Wegovy, Mounjaro, Trulicity, Rybelus, Victoza, Zepbound, Byetta, Bydureon, Saxenda, or any other medication in this class)
- **Diabetic Patients: Call your prescribing Doctor** before stopping any other medications for Diabetes
- **STOP Anticoagulants only after** receiving instruction from your prescribing doctor - **call them at least 5 days before** the Colonoscopy. Hold it **exactly for the time they specify - no longer and no shorter.**
 - Coumadin, Warfarin, Plavix, Xarelto, Eliquis, Pradaxa, Brilinta, Aggrenox, or other anticoagulants
- **STOP** all Iron, Multivitamins, & Fiber Supplements (Metamucil, Fibercon, Citrucel) **7 days before** the exam

***** Continue Aspirin and any other Blood Pressure or Heart Medications *****

5 Days Before The Colonoscopy

Go to the pharmacy and pick up your Colonoscopy Prep

- **No Prescription needed - These are available over the counter**
- 8.3oz bottle of Miralax (238 grams), Glycolax, or PEG 3350 (generic)
- 64 ounces of Gatorade or other sports drink (**NOT** red, purple, or blue)
- 4 pills of Dulcolax 5mg tablets (Bisacodyl laxative tablets)
- 2 bottles of Magnesium Citrate
- 8 Simethicone gel caps 250mg each



3 Days Before The Colonoscopy

- **Stop** eating nuts, seeds, popcorn, corn, beans, multigrain bread, tomatoes, salad, vegetables, granola, raisins
- **Stop** all Dairy Products.

The Day Before The Colonoscopy

***** Clear Liquids Only *****

DO NOT EAT ANY SOLID FOOD - BEGIN CLEAR LIQUID DIET

NO ICE CREAM, NO YOGURT, NO MILKSHAKES, NO SMOOTHIES, NO ALCOHOL

CLEAR LIQUIDS ONLY - ALL Day

Examples of Clear Liquids

- Clear chicken or beef broth (Consommé)
- Popsicles **EXCEPT** red, purple, or blue
- Coconut Water - NOT Coconut Milk
- Apple juice or White grape juice **ONLY**
 - **NO OTHER JUICES**
- Coffee and Tea - **NO cream or dairy products**
- Gatorade - **NO** red, purple, or blue
- Soft Drinks - **NO** red, purple, or blue
- Crystal Light, Kool-Aid, etc. - **NO** red, purple, or blue
- Jell-O - **NO** red, purple, or blue
- Hard Candy - **No** Red, Orange, Purple, Blue

The Day Before The Colonoscopy *****DO NOT EAT ANYTHING - CLEAR LIQUID ONLY*****

- **Drink at least twelve, 8oz glasses of water or clear liquids throughout the day**
- **Mix your 8.3oz bottle of Miralax** with 64 ounces of either Gatorade (orange, green, or yellow - **NO** other color), Propel Water, Vitamin Water (Clear), Coconut Water, or Smart Water.
- **Put in the refrigerator**

From 4pm - 5pm

- Take **4 of the 5mg Dulcolax (bisacodyl) Laxatives** with 8 ounces of water

From 5pm - 7pm

- Take **4 Simethicone or Gas-X** tablets (250mg each)
- **Start drinking the prep:**
 - **Only drink half the prep solution (ie 32oz)**
 - Drink an **8oz glass** of prep solution **every 15 minutes**
 - If you get nauseated, stop drinking for 30min, and then resume.

***** If you have no bowel movement within 2 hours of starting the prep *****

- **Drink the remaining 32oz.**
- **Drink 8-ounces every 15 minutes** until it is gone.

The Day Of The Colonoscopy ***** DO NOT EAT ANYTHING*****

6 hours before your arrival time for the procedure:

- Take **4 Simethicone (Gas-X)** tablets (250mg each)
- Drink the remaining 32oz of the prep, 8ozs every 15 minutes, until finished.
 - *If you already finished all of the prep earlier because it was not working, then drink one 10oz bottle of Magnesium Citrate over 5-15 minutes.*

***** IMPORTANT: Finish all of the prep at least 3 hours BEFORE your arrival time *****

- You may take your usual medications (**except those listed above**) with a **SIP of water**.
 - **Diabetic Patients: Do NOT take** oral diabetes medications or injectable insulin on the day of your procedure unless your doctor instructs otherwise.

4 hours before your arrival time for the procedure:

- If your bowel movements are **still brown**, drink **one 10oz bottle of Magnesium Citrate**
 - This must be finished at least **3 hours BEFORE** your arrival at the center

NOTHING by mouth within **3 hours of arrival (including water)**

How will you know if the Bowel Prep is Working?

The Stool coming out should look like what you are eating and drinking - clear, without many particles. You will know when it has worked when the stool coming out is **yellow, light, liquid, and clear - like urine.**



<i>Dark and murky.</i>	<i>Brown and murky.</i>	<i>Dark orange and semi-clear.</i>	<i>Light orange and mostly clear.</i>	<i>Yellow and clear, like urine.</i>
NOT OK	NOT OK	NOT OK	ALMOST THERE!	YOU'RE READY!

**YOU HAVE TO FINISH
THE ENTIRE PREP**

REMINDERS

! VERY IMPORTANT - READ CAREFULLY !

Eating & Drinking

- **NO FOOD** the day **before** your procedure
- **NO FOOD after midnight** the day of your procedure
- **Clear liquids only** as instructed above
- **A few SIPS of water are allowed up to 3 hours before arrival**
- **NOTHING** by mouth **within 3 hours of arrival** (including water)

Tobacco, Gum, Candy

- **NO** smokeless tobacco or dip after midnight
- **NO** chewing gum after midnight
- **NO** mints or candy after midnight

Medications

- Do **NOT** stop anticoagulants or heart medications without instruction from your prescribing doctor
 - If instructed to hold an anticoagulant, **follow the prescribing doctor's instructions exactly**
 - **Holding an anticoagulant longer than instructed may result in cancellation**
- You may take your **morning medications** (except those listed above) with a **small sip of water**

! PROCEDURE CANCELLATION WARNINGS !

- **If you do not follow a clear liquid diet, your exam may be canceled**
- **If your colon is not clean, your exam may be canceled**
- **If you drink liquids within 3 hours of arrival, your exam will be delayed or canceled**
- **If you have had recent cardiac testing or are currently undergoing cardiac evaluation that was not discussed when booking, call our office — your procedure may need to be rescheduled.**