

PREP INSTRUCTIONS FOR COLONOSCOPY WITH LYTELY/Peg 3350

Your Colonoscopy is scheduled for:



Date of Procedure: _____ **Arrival Time:** _____

Provider: _____ **Phone:** _____

Facility Name/Address: _____

IMPORTANT: READ THIS NOW

- Please review all of these instructions.
- Missed appointments or appointments that are cancelled within **72 hours of your procedure**, will be subject to a **\$100 fee**.
- Use these instructions and **NOT** the instructions listed on the colon prep packaging.
- Please see our website for Frequently Asked Questions.
- **If you do not hold certain medication(s) as instructed below or obtain any necessary clearances, your procedure may be cancelled. It is your responsibility to ensure that we have received your clearance at least 7 days prior to your procedure.**

Do these things 7 days before your procedure:

- **STOP** iron medication and iron supplements. Multivitamins are ok to continue.
- If you take any medication that increases your risk of bleeding, you must ask the prescribing doctor when to stop taking the medication prior to the procedure. The most common of these include, but are not limited to:

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| Warfarin (Coumadin) | Effient (Prasugrel) | Ticagrelor (Brilinta) | Dabigatran (Pradaxa) |
| Clopidogrel (Plavix) | Apixaban (Eliquis) | Rivaroxaban (Xarelto) | Enoxaparin (Lovenox) |

You may continue taking Aspirin unless otherwise instructed.

- For patients with diabetes

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| Oral diabetes medications | Do NOT take the day before or day of your procedure |
| Insulin | Day before procedure- take ½ a dose in the morning or after and NO DOSE of insulin the night before or morning of |

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| | your procedure. After your procedure, restart insulin when you resume a regular diet |
| Sliding Scale Insulin | Check your blood sugar and follow the scale. We do not want your blood sugar to be too low. |

- For patients taking a GLP-1 Agonist for diabetes or obesity **weekly**, hold the medication for **one week** prior to your procedure. The most common of these include, but are not limited to:

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| Ozempic (semaglutide) | Zepbound (tirzepatide) | Mounjaro (tirzepatide) |
| Trulicity (dulaglutide) | Wegovy (semaglutide) | Bydureon (exenatide) |

- Please make sure you have a responsible adult (18 years of age or older) with you when you arrive to the facility. This adult must stay at the facility during the procedure and drive you home afterwards. You will NOT be able to drive due to the sedation you will receive. You will not be able to take Lyft, Uber, or other public transportation to or from the facility. **Your procedure may be cancelled if we cannot confirm your transportation on the day of the procedure.**

Do these things 4 days before your procedure:

- Fill your prescription for **Lytely Prep kit** and **2 tablets of Ondansetron** from your local pharmacy.
- You will need to purchase **Four (4) 80mg or 125mg Simethicone** (gas-x) over the counter.
- STOP** eating the following foods: raw fruits and vegetables, nuts, seeds, corn, beans, popcorn, and multigrain foods until after your procedure.
- If you take a medication that contains Phentermine, you must stop it until after your procedure. The most common of these include, but are not limited to:

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| Adipex | Fastin | Qsymia |
| Lomaira | Ionamin | Elvenir |

- Check with your insurance because it is your responsibility to know your co-pays and deductibles.

Do these things 3 days before your procedure:

- Last chance to cancel your appointment without a \$100 fee. You will also be charged a \$100 fee if you no show to your appointment.

- **STOP** ALL fiber products, such as Benefiber, Metamucil, Fiber One products and high fiber cereals until after your procedure.
- **STOP** ALL supplements such as fish oil, vitamins, and calcium until after your procedure.
- **STOP** ALL diet pills or anything containing Xenical or Olestra until after your procedure.

Do these things 2 days before your procedure:

- Drink at least 8 glasses of water throughout the day.
- Confirm your driver/responsible party who will need to stay in the building during your procedure.

Do these things 1 day before your procedure:

- **DO NOT EAT ANY SOLID FOOD TODAY**
- If you are taking diabetic/weight loss medications **daily**, please stop them. The most common of these include, but are not limited to:

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| Victoza (liraglutide) | Byetta (exenatide) |
| Saxenda (liraglutide) | Rybelsus (semaglutide) |

- **Do not take any NSAID medications (such as Ibuprofen, Naproxen, Motrin or Aspirin) the day prior to your procedure. Tylenol is okay to take.**
- You may only have clear liquids all day and night. Clear liquids are: water, tea or black coffee, any broth, apple juice, soda, ginger ale, Gatorade, popsicles and Jell-O (**NO RED, PURPLE, ORANGE, or BLUE**).
- **NO MILK PRODUCTS**
- The more clear liquids that you drink during the day and during your prep, the better your prep will work, and you will stay hydrated.
- **NO ALCOHOL or MARIJUANA (interacts with anesthesia and prevents you from signing consent)**
- Start drinking your prep according to instructions below.

Starting the Golytely, Gavilyte or Peg 3350:

1. For the best results, **mix ahead of time** by filling the provided container to the fill line with lukewarm water and shake well. If you wish, you may add a flavor packet while mixing. After all powder is dissolved, place in the refrigerator.
2. At **4:30pm**, **dissolve 1 tablet of Ondansetron by placing on tongue.**
3. At **5:00pm**, drink one (1) 8oz glass every 10-15 minutes until **HALF** of the container is gone. Some say it is easier to drink with a straw. The prep could take effect within 20 minutes, so stay close to the bathroom.
4. Follow this with 32 ounces of water AND chew one (1) Simethicone (anti-gas, gas-x) chewable.
5. Continue to hydrate.

It is essential to drink the amount of liquid instructed. If you experience nausea, bloating or cramping, pause or slow the rate of drinking the additional water until symptoms diminish.

Do these things the day of your procedure:

Finishing the Golytely, Gavilyte or Peg 3350:

6. Starting 5 ½ hours prior to your arrival time, dissolve 1 tablet of Ondansetron by placing on tongue.
7. Starting 6 hours prior to your arrival time, drink one (1) glass every 10-15 minutes until the container is empty.
8. Chew the remaining three (3) Simethicone (anti-gas, gas-x) chewable with 8 ounces of water.

YOU MUST COMPLETE STEP 8 AND STOP ALL LIQUIDS 4 HRS PRIOR TO YOUR ARRIVAL.

- **DO NOT EAT ANY SOLID FOOD UNTIL AFTER YOUR PROCEDURE.**
- You may take blood pressure, seizure, and anti-anxiety medication ONLY at least 4 hours to arrival.
- Please use your regular inhalers the morning of your procedure and bring your inhalers with you to your procedure.
- **NOTHING** by mouth 4 hours prior to your procedure or your procedure will be canceled.
- NO gum or hard candy.
- **Bring insurance card and photo ID with you.**
- **Bring a list of all medications** (both prescription and non-prescription) that you are taking. Please include dosage, frequency and when you took the last dose.