

Preparing For Your Colonoscopy

PLEASE READ THESE INSTRUCTIONS AT LEAST 7 DAYS PRIOR TO YOUR PROCEDURE TO AVOID BEING CANCELLED OR RESCHEDULED.

7+ Days before your procedure:

- **ARRANGE FOR A DRIVER** – You must have a responsible adult sign you out and escort you home following your procedure. You will not be allowed to drive yourself home.
- **REVIEW THE LIST OF MEDICATIONS OUTLINED ON PAGE 3 THAT NEED TO BE HELD AND CONTACT THE PRESCRIBING PROVIDER FOR GUIDANCE WHEN INDICATED**
- **PICK UP YOUR BOWEL PREP FROM YOUR PHARMACY**
- **PLAN ON TAKING THE DAY OFF OF WORK/SCHOOL AS YOUR PROCEDURE TIME IS SUBJECT TO CHANGE UP TO THE DAY BEFORE YOUR PROCEDURE**

5 Days before your procedure:

- We advise that you begin a diet of easily digestible foods such as: white rice, white bread, pasta, fish, chicken, pork, eggs, potatoes, yogurt, cheese.
- **AVOID** eating High fiber/high roughage foods such as whole wheat bread products, red meat, lettuce, kale, spinach, foods with seeds, nuts, olives, beans and corn. Fibers from these foods can clog the colonoscope and may require the procedure to be repeated.

THE DAY BEFORE YOUR PROCEDURE:

- **NO SOLID FOOD – CLEAR LIQUIDS ONLY ALL DAY!**
 - Eating solid food on this day will result in your procedure being cancelled
- Keep hydrated by drinking lots of water throughout the day
- Avoid liquids that are heavily colored or have red, orange or purple dye as this can stain your colon and appear to be blood
- Avoid juice with pulp
- Examples of Clear Liquids that you can have on this day:
 - Broth (bone, chicken, beef, vegetable)
 - Tea or Coffee **WITHOUT** cream or sugar
 - Jello – not red, orange or purple
 - Gatorade or other electrolyte drinks (not red, orange or purple)
 - Clear soda (ginger ale, Sprite, 7-Up)
 - Popsicles – not red, orange, or purple
 - Apple juice, lemonade, white cranberry juice (no pulp)

THE DAY BEFORE YOUR PROCEDURE CONTINUED:

BOWEL PREP INSTRUCTIONS FOR SUTAB

IF YOUR PROCEDURE APPOINTMENT IS SCHEDULED BEFORE 12:00 PM (NOON):

- **STEP 1: 4:00-6:00 PM afternoon/early evening before your procedure**
 - Open 1 bottle of 12 tablets from the SuTab Box
 - Fill the provided container with 16 oz of water
 - Swallow each tablet with a sip of water from the container, drink all 16 ounces over the next 15-20 minutes
 - Keep hydrating, consume 2 more rounds of 16 ounces each of water over the next 2-3 hours
 - STAY CLOSE TO A BATHROOM
- **STEP 2: 10:00PM-12:00AM evening before your procedure**
 - Open the 2nd bottle of 12 tablets from the SuTab Box
 - Fill the provided Container with 16 oz of water
 - Swallow each tablet with a sip of water from the container, drink all 16 ounces over the next 15-20 minutes
 - Keep hydrating, consume 2 more rounds of 16 ounces each of water over the next 2-3 hours

IF YOUR PROCEDURE APPOINTMENT IS SCHEDULED FOR 12:00 PM (NOON) OR LATER:

- **STEP 1: 6:00-8:00 PM afternoon/early evening before your procedure**
 - Open 1 bottle of 12 tablets from the SuTab Box
 - Fill the provided container with 16 oz of water
 - Swallow each tablet with a sip of water from the container, drink all 16 ounces over the next 15-20 minutes
 - Keep hydrating, consume 2 more rounds of 16 ounces each of water over the next 2-3 hours
 - STAY CLOSE TO A BATHROOM
- **STEP 2: 6:00-8:00 am morning of your procedure**
 - Open the 2nd bottle of 12 tablets from the SuTab Box
 - Fill the provided Container with 16 oz of water
 - Swallow each tablet with a sip of water from the container, drink all 16 ounces over the next 15-20 minutes
 - Keep hydrating, consume 2 more rounds of 16 ounces each of water over the next 2-3 hours

You may continue to consume clear liquids up to 4 hours before your procedure time

MEDICATION HOLD GUIDELINES

Contact your prescribing provider for instructions on stopping the following medications at least 7-10 days prior to your procedure date to avoid having to cancel or reschedule. Do not stop taking these medications without discussing with you provider first.

- PLAVIX
- WARFARIN
- COUMADIN
- ELIQUIS
- XARELTO
- BRILINTA
- EFFIENT

The following medications need to be held for 7 days prior to your procedure:

- GLP-1 Inhibitors (Non-Insulin Injectables) such as:
 - o Ozempic/Wegovy (semaglutide)
 - o Trulicity (dulaglutide)
 - o Mounjaro (tirzepatide)
 - o Saxenda (liraglutide)
 - o Victoza (liraglutide)
 - o Byetta (exenatide)
 - o Bydureon Bcise (exenatide)
 - o Rybelsus (Oral semaglutide)
- Phentermine
- Iron
- Fish Oil
- Vitamin E
- Aspirin 325 mg (you may continue taking 81 mg Aspirin for cardiac conditions)

The following medications need to be held for 3-4 days prior to your procedures:

- SGLT2 Inhibitors such as:
 - o Jardiance (empagliflozin) 3 day hold
 - o Invokana (canagliflozin) 3 day hold
 - o Farxiga (dapagliflozin) 3 day hold
 - o Synjardy (empagliflozin/metform) 3 day hold
 - o Steglatro (ertugliflozin) 4 day hold

Pre-Surgery nursing staff will contact you to discuss other medications you may be taking and provide complete instructions on when/if you need to stop them.