

## Preparing For Your Colonoscopy

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

### **No Show/Late Cancellation Policy:**

If you need to cancel or reschedule your procedure, we ask that you provide us with at least **3 business days'** notice. Our office reserves the right to charge patients **\$100** that do not provide us with appropriate notification in cancelling or rescheduling procedures. If you need to cancel or reschedule, please call our office directly at 541-382-2811 or submit a MyChart cancellation request.

### **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 Tryilyte, Gavalyte, Golytely, Nulytely, Colytely, Peg 3350**

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

- **STEP 1: 4:00-6:00 PM afternoon/early evening before your procedure**
  - Mix bowel prep with 1 gallon of water – put half of the mixture in the refrigerator for Step 2.
  - Drink half of the gallon of prep over the next 2 hours
  - Keep hydrating, drink 40 ounces of water over the next 4-5 hours
  - STAY CLOSE TO A BATHROOM
- **STEP 2: 10:00PM-12:00AM evening before your procedure**
  - Drink the second half gallon of the prep over the next 2 hours
  - Keep hydrating, drinking at least 24 ounces of water up until 4 hours prior to your procedure time

#### **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**
  - Mix bowel prep with 1 gallon of water – put half of the mixture in the refrigerator for Step 2.
  - Drink half of the gallon of prep over the next 2 hours
  - Keep hydrating, drink 40 ounces of water over the next 4-5 hours
  - STAY CLOSE TO A BATHROOM
- **STEP 2: 6:00-8:00 am morning of your procedure**
  - Drink the second half gallon of the prep over the next 2 hours
  - Keep hydrating, drink at least 24 ounces of water up until 4 hours prior to your procedure time

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

## MEDICATION HOLD GUIDELINES

Contact your prescribing provider at least 7-10 days prior to your procedure date for instructions on when you need to stop taking the following medications to avoid having to cancel or reschedule. Do not stop taking these medications without discussing with the prescribing 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
- NSAIDs (Ibuprofen, Naproxen, Aleve, Excedrin, Advil, Motrin, etc)
- 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.