

How to Prepare for Your Upcoming Colonoscopy

ABOUT YOUR PROCEDURE: A colonoscopy is a procedure that allows your doctor to examine the inside of your lower digestive tract, including the colon and rectum. During the procedure, a flexible tube with a camera is inserted into the rectum to enable the doctor to look for any abnormal growths or other issues. In some cases, small tissue samples may be taken for further testing, known as a biopsy. Additionally, any small growths, such as polyps, may be removed. To ensure the procedure is as effective as possible, it is crucial to follow the bowel preparation instructions provided to you to achieve an optimal outcome.

Important things to Remember:

- If you have a pacemaker/defibrillator—bring a copy of your pacer card, cardiologist information, and please ensure you are current on your cardiac testing. (Within 6 months for a defibrillator and within 12 months for pacemaker)
- You will be administered anesthesia during your procedure. You **MUST** have a responsible person to drive you home. (No Uber, Lyft, or Taxi services)
- You should not drive a car, operate machinery, or make any legal decisions until the day after your procedure.
- Aspirin and Nonsteroidal anti-inflammatory (Ibuprofen, Advil®, Motrin® or Aleve®) drugs in standard doses may be continued safely in patients having colonoscopy, unless your physician instructs you to hold.
- **Diabetic patients**-Most patients can continue their regular doses of diabetes medicine until the day of the procedure. Please consult with your doctor who manages your diabetes to discuss how to manage your medications for this procedure.
- Your colonoscopy prep prescription was sent to your pharmacy on file: ***

7 DAYS PRIOR TO COLONOSCOPY

- **STOP** taking your **Plavix® (clopidogrel), Brilinta® (Ticagrelor)**. *Patients with high-risk conditions such as artificial valve, blood clot within the past 6 months or heart stents placed within the past 12 months should discuss this with their prescribing doctor for further instructions.*
- **STOP** taking your injectable GLP-1 medication for Diabetes and/or Weight loss: **Ozempic®, Wegovy® (Semaglutide), Mounjaro® (Tirzepatide)**.

5 DAYS PRIOR TO COLONOSCOPY

- **STOP** taking all **Iron and Fiber** supplements (i.e. **Metamucil®, Citrucel®, Fibercon®**).
- **STOP** taking **Coumadin® (Warfarin)**, *Patients with high-risk conditions such as artificial valve, blood clot within the past 6 months, or heart stents placed within the past 12 months should discuss this with their prescribing doctor for further instructions.*

2 DAYS (48 HOURS) PRIOR TO COLONOSCOPY

- **STOP** taking **Eliquis® (Apixaban), Xarelto® (Rivaroxaban), Pradaxa® (Dabigatran)**. *Patients with high-risk conditions such as artificial valve, blood clot within the past 6 months, or heart stents placed within the past 12 months should discuss this with their prescribing doctor for further instructions.*

**** Your doctor will instruct you when to resume your blood thinner medication. In most cases, you can start your blood thinner medication after the procedure.****

1 DAY PRIOR TO COLONOSCOPY:

START YOUR CLEAR LIQUID DIET

YOU WILL REMAIN ON A CLEAR LIQUID DIET UP UNTIL 4 HOURS PRIOR TO YOUR PROCEDURE START TIME.

<u>APPROVED LIQUIDS</u>	<u>DO NOT DRINK</u>
Water	Alcohol
Black Coffee or Tea (without Milk or Creamer)	Milk or Creamer
Sport Drinks	Orange or Pineapple Juice
Clear Broth or Bouillon	Milk Shakes
Ginger Ale & other sodas	Smoothies
Clear Juices (i.e., Apple + White Grape Juice)	Pureed Soup
Jell-O (Without fruit or pulp)	Protein Shakes
Frozen Juice Popsicles	Yogurt

1 DAY PRIOR TO COLONOSCOPY at 5 PM start your colonoscopy preparation.

- Instructions differ for each of the different colonoscopy preparation brands.
- Please be sure to follow the instructions for the prep that you've been prescribed.

On the following pages, we've included separate instructions for:

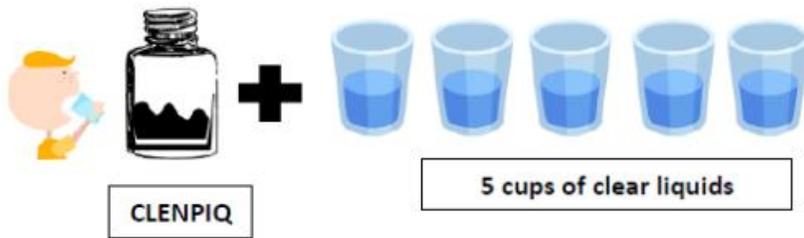
- **CLENPIQ**
- **SUPREP**
- **GOLYTELY / GAVILYTE / TRILYTE**
- **SUFLAV**
- **SUTAB**

CLENPIQ

1 DAY PRIOR TO COLONOSCOPY at 5 PM start CLENPQ

****Please follow instructions below and disregard instructions on CLENPIQ box****

1. Drink the first bottle of CLENPIQ (straight from the bottle).
2. Once the first bottle is consumed, drink an additional 40oz (5 cups) of clear liquids **TAKEN AT YOUR OWN PACE BEFORE GOING TO BED**

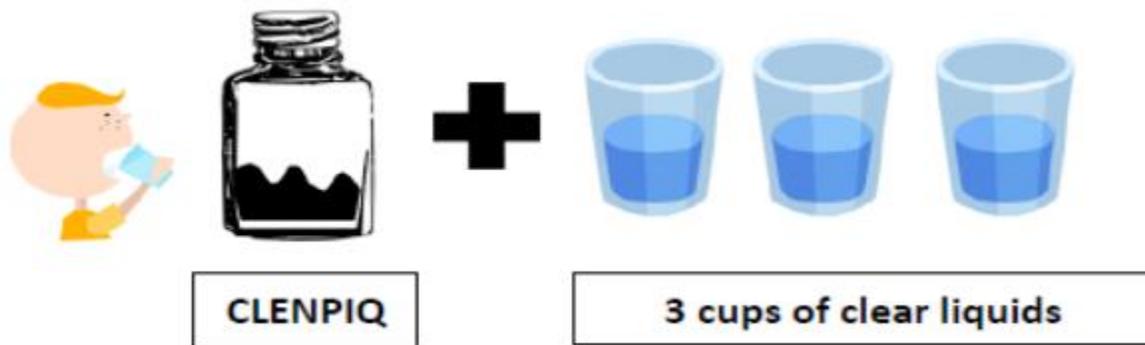


Helpful Tips if you experience nausea with the prep:

- Use a straw
- Chill solution
- Suck on a lemon wedge

DAY OF PROCEDURE: FIVE (5) HOURS PRIOR TO COLONOSCOPY

1. Drink the second bottle of CLENPIQ (straight from the bottle).
2. Once the second bottle is consumed, drink an additional 24oz (3 cups) of clear liquids over the next **1** hour.



****NO CLEAR LIQUIDS, INCLUDING BOWEL PREP, FOUR (4) HOURS BEFORE YOUR PROCEDURE - YOU MUST FINISH ALL OF THE PREP 4 HOURS BEFORE YOUR PROCEDURE****

WHAT TO EXPECT:

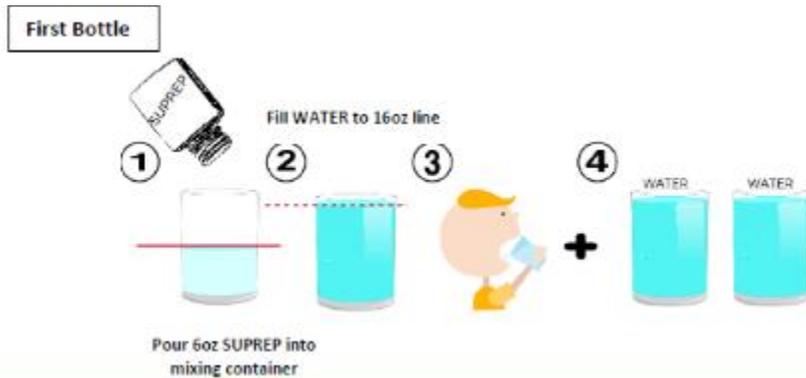
- You will develop diarrhea after drinking the preparation. This is normal as it means the medication is working to clear stool from your colon.
- You may experience some nausea.
- A successful colon prep will cause you to have yellow and clear colored (like urine) watery diarrhea without many small particles. Please finish prep regardless of stool color.
- If your prep is inadequate, your procedure may be rescheduled.

SUPREP

1 DAY PRIOR TO COLONOSCOPY at 5 PM start SUPREP

****Please follow instructions below and disregard instructions on SUPREP box****

1. Pour first 6oz bottle of SUPREP liquid into the mixing container
2. Add cool drinking water into the container up to the 16 oz line and mix
3. Drink ALL the liquid in the container
4. You MUST drink TWO (2) more 16-oz containers of water over the next hour

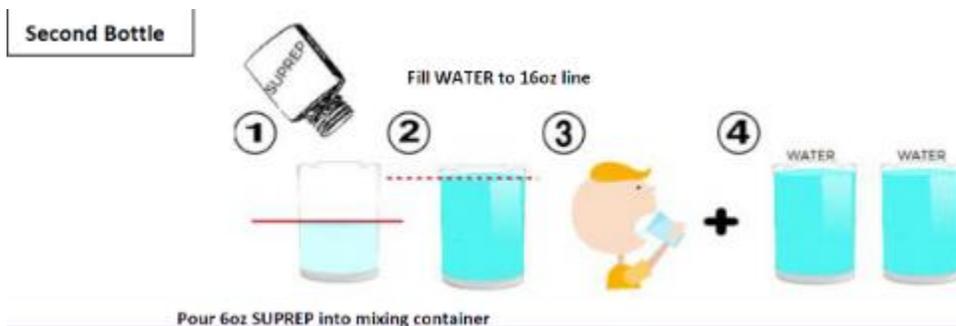


Stay Hydrated!
Additional hydration and clear liquids is encouraged until **four (4) hours** prior to procedure time

Helpful Tips if you experience nausea with the prep:
Use a straw
Chill solution
Suck on a lemon wedge

DAY OF PROCEDURE: FIVE (5) HOURS PRIOR TO COLONOSCOPY

1. Pour second 6oz bottle of SUPREP liquid into the mixing container
2. Add cool drinking water into the container up to the 16 oz line and mix
3. Drink ALL the liquid in the container
4. You MUST drink TWO (2) more 16-oz containers of water over the next hour.
5. Take all your usual morning medications, unless directed otherwise by your GI provider or Surgery Center.



****NO CLEAR LIQUIDS, INCLUDING BOWEL PREP, FOUR (4) HOURS BEFORE YOUR PROCEDURE - YOU MUST FINISH ALL OF THE PREP 4 HOURS BEFORE YOUR PROCEDURE****

WHAT TO EXPECT:

- You will develop diarrhea after drinking the preparation. This is normal as it means the medication is working to clear stool from your colon.
- You may experience some nausea.
- A successful colon prep will cause you to have yellow and clear colored (like urine) watery diarrhea without many small particles. Please finish prep regardless of stool color.
- If your prep is inadequate, your procedure may be rescheduled

GOLYTELY / GAVILYTE / TRILYTE

1 DAY PRIOR TO COLONOSCOPY at 5 PM start GOLYTELY / GAVILYTE / TRILYTE

1. Fill the jug with water to dissolve the medicine and refrigerate to improve the taste.
2. Drink one 8oz glass every 10-15 minutes until $\frac{3}{4}$ of the container is gone)
3. This should take 3 hours or less.
4. Drink more slowly if you become nauseated, but **you must finish 3 LITERS (3/4 of fluid) BEFORE MIDNIGHT**



THE DAY OF YOUR COLONOSCOPY: FIVE (5) HOURS BEFORE COLONOSCOPY

1. Drink one 8oz glass every 10 minutes **until all the remaining fluid is gone**
2. You **MUST** finish drinking no later than four (4) hours before procedure time.
3. Take all your usual morning medications, unless directed otherwise by your GI provider or Surgery Center.



****NO CLEAR LIQUIDS, INCLUDING BOWEL PREP, FOUR (4) HOURS BEFORE YOUR PROCEDURE - YOU MUST FINISH ALL OF THE PREP 4 HOURS BEFORE YOUR PROCEDURE****

WHAT TO EXPECT:

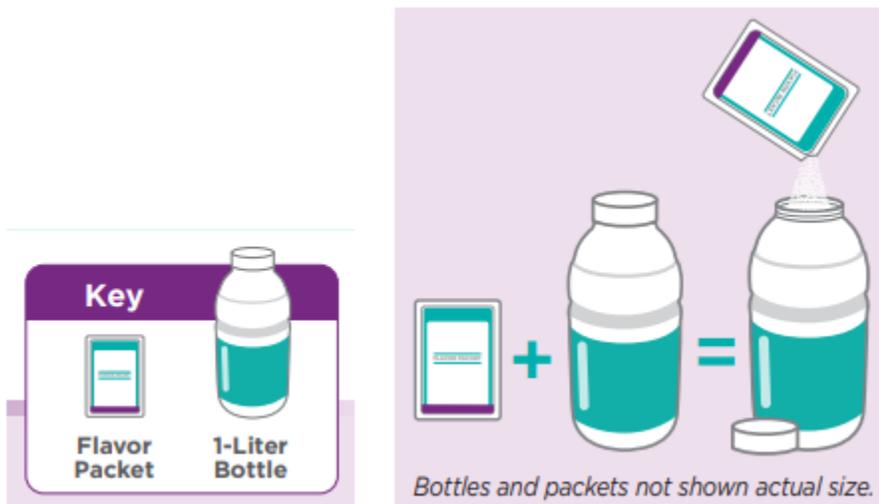
- You will develop diarrhea after drinking the preparation. This is normal as it means the medication is working to clear stool from your colon
- You may experience some nausea.
- A successful colon prep will cause you to have yellow and clear colored (like urine) watery diarrhea without many small particles. Please finish prep regardless of stool color
- If your prep is inadequate, your procedure may be rescheduled

SUFLAVE

1 DAY PRIOR TO COLONOSCOPY at 5 PM start SUFLAVE

****Please follow instructions below and disregard instructions on SUFLAVE box****

1. Open 1 flavor enhancing packet and pour the contents into 1 bottle.
2. Fill the provided bottle with lukewarm water up to the fill line. After capping the bottle, gently shake the bottle until all powder has mixed well (dissolved).
For best taste, refrigerate the solution for an hour before drinking. Do not freeze. Use within 24 hours.
3. Drink 8 ounces of solution every 15 minutes until the bottle is empty. This should take about 1 hour. Drink an additional 16 ounces of water during the evening to prevent dehydration.



DAY OF PROCEDURE: FIVE (5) HOURS PRIOR TO COLONOSCOPY

1. Repeat Step 1 to Step 3 from Day 1, Dose 1.
2. Drink an additional 16 ounces of water during the morning to prevent dehydration.
3. Take all your usual morning medications, unless directed otherwise by your GI provider or Surgery Center.

****NO CLEAR LIQUIDS, INCLUDING BOWEL PREP, FOUR (4) HOURS BEFORE YOUR PROCEDURE - YOU MUST FINISH ALL OF THE PREP 4 HOURS BEFORE YOUR PROCEDURE****

WHAT TO EXPECT:

- You will develop diarrhea after drinking the preparation. This is normal as it means the medication is working to clear stool from your colon
- You may experience some nausea
- A successful colon prep will cause you to have yellow and clear colored (like urine) watery diarrhea without many small particles. Please finish prep regardless of stool color
- If your prep is inadequate, your procedure may be rescheduled

SUTAB

1 DAY PRIOR TO COLONOSCOPY at 5 PM start SUTAB.

1. Open 1st bottle of 12 tablets.
2. Add cool drinking water into the container up to the 16 oz of water (up to the fill line).
3. Swallow 1 tablet every 1-2 minutes with a sip of water and drink the entire amount over 15-20 minutes.
4. 1 hour after swallowing the last tablet, you must drink TWO (2) more 16-oz containers of water over the next hour.



Stay Hydrated!
Additional hydration and clear liquids is encouraged until **four (4) hours** prior to procedure time

Helpful Tips if you experience nausea with the prep:
Use a straw
Chill solution
Suck on a lemon wedge

DAY OF PROCEDURE: Six (6) HOURS PRIOR TO COLONOSCOPY

1. Open 2nd bottle of 12 tablets.
2. Add cool drinking water into the container up to the 16 oz of water (up to the fill line).
3. Swallow 1 tablet every 1-2 minutes with a sip of water and drink the entire amount over 15-20 minutes.
4. 1 hour after swallowing the last tablet, you must drink TWO (2) more 16-oz containers of water over the next hour.
5. Take all your usual morning medications, unless directed otherwise by your GI provider or Surgery Center.

Second Bottle



****NO CLEAR LIQUIDS, FOUR (4) HOURS BEFORE YOUR PROCEDURE ****

WHAT TO EXPECT:

- You will develop diarrhea after drinking the preparation. This is normal as it means the medication is working to clear stool from your colon
- You may experience some nausea
- A successful colon prep will cause you to have yellow and clear colored (like urine) watery diarrhea without many small particles. Please finish prep regardless of stool color
- If your prep is inadequate, your procedure may be rescheduled

On the Day of Your Procedure

- Wear comfortable clothing, do not wear any jewelry
- Bring a list of all your medications and dosages, including over the counter supplements
- If you have a living will and/or durable power of attorney for healthcare, bring a copy to be scanned into your electronic medical record
- Be sure to have your ride arranged with a responsible person ahead of time, as you will not be able to drive home after your procedure due to the effects of the general anesthesia; Uber and Lyft rideshare transportation is not permitted.