

# North County Gastroenterology Medical Group, Inc.

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[www.ncgastro.com](http://www.ncgastro.com)

## Preparation Instructions for Colonoscopy

**IMPORTANT:** Please carefully read all instructions below for your safety. If you have questions regarding the procedure or your prep, please call the office at (760) 724-8782.

**BOWEL PREP:** Pick up the bowel prep from your pharmacy as soon as possible.

3 Days Before the Procedure	Day before the Procedure	Day of Procedure
<ul style="list-style-type: none"><li>• <b>STOP EATING:</b><ul style="list-style-type: none"><li>○ Seeds, popcorn, nuts, granola, fruit peels, raw vegetables.</li></ul></li><li>• <b>STOP TAKING:</b><ul style="list-style-type: none"><li>○ Iron pills</li><li>○ Fiber supplements (Psyllium, Metamucil, Citrucel, Fibercon, etc.)</li></ul></li></ul>	<ul style="list-style-type: none"><li>• Follow the <b>CLEAR LIQUID DIET</b> for the entire day (see list on reverse side). This means <b>no solid foods all day</b>.</li><li>• <b>Diabetic patients: DO NOT</b> take your diabetic pills. For insulin, inject ½ your usual dose. Monitor your blood sugar closely.</li><li>• <b>At 4:00PM:</b> Mix the Bowel Prep as directed on box/container. <b>Finish the first dose (½ of prep) by 9PM.</b> Then drink 4 additional glasses of water.</li><li>• Confirm arrangements with your driver, you will be under sedation for the procedure. You <b>CAN'T</b> drive. You can't use a taxi, Uber, or a bus to get home unless accompanied by a responsible person. Your driver <b>MUST</b> come inside and check in with the receptionist prior to the procedure.</li></ul>	<p><b>Nothing to eat or drink after midnight other than prep &amp; water</b></p> <ul style="list-style-type: none"><li>• <b>6 hours before check in start drinking the second dose</b> (remaining ½) of prep, then drink additional water as you did the night before.</li></ul> <p><b>Finish drinking prep &amp; water at least 3 hours before your check in time</b></p> <ul style="list-style-type: none"><li>• If you take daily blood pressure, heart, thyroid, or pain medications, <b>take them with a sip of water at least 3 hours prior to your check in time</b></li><li>• <b>Diabetic patients: DO NOT</b> take your diabetic pills or insulin today. Check your blood sugar the morning of the procedure. If greater than 300mg/dl or less than 80mg/dl, call the office.</li></ul>

**For patients taking a weight loss drug (GLP-1 Agonist) for diabetes or obesity:**

Drug	Interruption of Therapy
<b>Weekly GLP-1 RA</b> Dulaglutide (Trulicity®) Exenatide (Bydureon®) Semaglutide (Ozempic®, Wegovy®) Tirzepatide (Mounjaro®)	Hold 1 week before the procedure
<b>Daily GLP-1 RA</b> Semaglutide (Rybelsis®) Exenatide (Byetta®) Liraglutide (Victoza®, Saxenda®)	Hold day of the procedure

**For patients taking medication that increases risk of bleeding:**

<b>Aspirin:</b> if you take a daily aspirin, you do not need to stop this medication for your procedure
<b>Antithrombotic Medications:</b> Warfarin (Coumadin®), Dabigatran (Pradaxa®), Rivaroxaban (Xarelto®), Apixaban (Eliquis®) <input type="checkbox"/> Continue this medication <input type="checkbox"/> Stop for _____ days prior to procedure
<b>Antiplatelet Medications:</b> Dipyridamole (Persantine®, Aggrenox®), Clopidogrel (Plavix®), Ticagrelor (Brilinta®), Prasugrel (Effient®), Cilostazol (Pletal®) <input type="checkbox"/> Continue this medication <input type="checkbox"/> Stop for _____ days prior to procedure

**Cancellations:** If you cancel your procedure **less than 72 hours** from your appointment time, **do not show up** for your procedure, or we cancel due to not following prep instructions, you will be **CHARGED \$100**.

\*The Center for Endoscopy cannot be responsible for any valuables. Please leave all jewelry and other valuables at home or with your ride prior to check in.\*