

General Instructions: Colonoscopy: 2-Day Prep

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

You are scheduled for a Colonoscopy procedure. It is very important you follow **all** the instructions below for your safety. If you have questions regarding the procedure or your prep, please call the office: (760) 724-8782.

3 Days Prior to Procedure	1 Day Prior to Procedure	Day of Procedure
<ul style="list-style-type: none"> STOP EATING: <ul style="list-style-type: none"> Seeds, popcorn, nuts, granola, fruit peels, raw vegetables. STOP TAKING: <ul style="list-style-type: none"> Iron pills Fiber supplements (Psyllium, Metamucil, Citrucel, Fibercon, etc.) 	<ul style="list-style-type: none"> Continue a CLEAR LIQUID DIET (see list on reverse side). This means <i>no solid foods of any kind all day.</i> Diabetic patients: DO NOT take your diabetic pills. For insulin, inject ½ your usual dose. Monitor your blood sugar closely. At 4:00PM: Mix the Bowel Prep as directed on box/container. Finish the first dose (½ of prep) by 9PM. Then drink <u>4 additional glasses</u> of water. Make sure you have a driver. You CANNOT drive yourself. You CANNOT use a bus, taxi, an Uber, or Lyft. <p><i>Your driver must come inside and check in with the receptionist before the procedure.</i></p>	<p>DO NOT EAT ANYTHING.</p> <ul style="list-style-type: none"> Start drinking the second dose (remaining ½) of prep 6 hours before your check in time. <p>YOU MUST FINISH DRINKING EVERYTHING (INCLUDING MORNING MEDS) AT LEAST 3 HOURS PRIOR TO CHECK IN.</p> <ul style="list-style-type: none"> Diabetic patients: DO NOT take your diabetic pills or insulin today. Follow blood sugar closely, if over 300mg/dl or less than 80mg/dl, call the office / on call doctor at 760-724-8782. If you take daily blood pressure, heart, thyroid, or pain medications, take them with a sip of water at least 3 hours before check in. Confirm arrangements with your driver.
2 Days Prior to Procedure		
<ul style="list-style-type: none"> Begin a CLEAR LIQUID DIET (see list on reverse side). This means <i>no solid foods of any kind all day.</i> Diabetic patients: DO NOT take your diabetic pills. For insulin, inject ½ your usual dose. Monitor your blood sugar closely. 		

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

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

For patients taking medication that increases risk of bleeding:

Aspirin: if you take a daily aspirin, you do not need to stop this medication for your procedure
Antithrombotic Medications: Warfarin (Coumadin®), Dabigatran (Pradaxa®), Rivaroxaban (Xarelto®), Apixaban (Eliquis®) <input type="checkbox"/> Continue this medication <input type="checkbox"/> Stop for _____ days prior to procedure
Antiplatelet Medications: 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 **or do not show up** for your procedure, you will be **CHARGED \$100.**

*The Center is not responsible for valuables. Please leave all jewelry/ valuables at home or with your ride. *

5.9.2024