

**IMPORTANT: Please read these instructions at LEAST 2-4 weeks before your Colonoscopy.**

Name of your Physician \_\_\_\_\_ Office phone number \_\_\_\_\_

Date and time of your exam \_\_\_\_\_ Arrival Time \_\_\_\_\_

**Planning for your colonoscopy**

*Please review as soon as you receive this information and check each box to indicate that you have completed the task.*

- You must pick up a bowel prep.** If you have not received a bowel prep, please call your doctor's office. Pick up your prep at least a week prior to your test.
- You must have a responsible adult drive you home from the procedure.**
  - Driver must be 18 years or older. If you do not have a driver arranged at check-in we will cancel your procedure.
  - Make sure your driver knows that your procedure will take around 2 hours and to stay available. After you have received sedation, you will not be able to drive for the rest of the day.
- If you need to reschedule, cancel, or have questions about your procedure please call your physician's office.** Please reach out if:
  - You don't feel well, have a fever, or productive cough.
  - Your bowel preparation drink did not work.
  - If you've had a medical emergency within the last month.
- How you can prepare.**
  - Make a list of allergies, current medications, and surgical history to bring to your appointment.
  - Leave all jewelry and smart watches at home.
- Medications to HOLD**
  - Iron Tablets – stop 5 days prior to your procedure.
  - Blood Thinning medication (Plavix, Warfarin, Eliquis, Xarelto, etc.) – call your prescribing physician's office for instructions.
  - Diabetic or weight loss medication
    - Hold any oral diabetic tablets/pills the evening before your procedure.
    - If you are taking insulin, please call your prescriber for instructions.
    - GLP-1 agonist **WEEKLY** injectables (Ozempic, Wegovy, Trulicity, Mounjaro, Bydureon, this list is not-all inclusive) **Hold 8 days prior to your procedure.**
    - GLP –1 agonist **DAILY** injectables or oral medication (Byetta, Rybelsus, Saxenda, Xultophy, Victoza) **Hold 1 day prior to your procedure.**
  - All other regularly scheduled prescriptions can be taken up to 3 hours before your procedure with a sip of water.

**The day of your Colonoscopy, you will be instructed to arrive 30 minutes before your exam starts. Please come to the Highland Street entrance and check in at the Surgical Services desk.**

### **THREE (3) DAYS BEFORE YOUR COLONOSCOPY**

Avoid high-fiber foods, such as: Popcorn, beans, seeds, multigrain bread, nuts, salad/vegetables, fresh and dried fruit. Avoid fiber supplements like Metamucil and Citrucel.

### **ONE (1) DAY BEFORE YOUR COLONOSCOPY**

**Only drink clear liquids the ENTIRE DAY** before your colonoscopy. **DO NOT eat any solid foods.** This includes:

Water	Apple or White grape juice	Clear Broth or Bullion
Black Coffee or tea (no milk)	Ginger ale/lemon lime soda	Gatorade/sports drinks
Kool-Aid	Jello	Popsicles
Italian Ice	Crystal Light	Fruit juice with no pulp

**\*\* DO NOT drink alcohol the day before or the day of the procedure \*\***

**\*\* Please avoid any clear liquids that are red or purple in color as this can be mistaken for blood during your procedure\*\***

### **DAY OF YOUR COLONOSCOPY**

**ONLY DRINK Water and Gatorade, no solid food** on the day of your test. You must stop drinking everything 2 hours before your appointment time. This will ensure that your stomach will be empty, allowing you to be safely sedated.

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*Find your chosen Preparation below and follow the instructions completely*

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**Miralax/Gatorade:**

**THE NIGHT BEFORE YOUR EXAM, START THE PREP ANYTIME BETWEEN 3-7 PM**

- You will need (2) 28 ounce bottles of **Gatorade**, (2) 119 Gram bottles of **Miralax powder**. Obtain a pitcher and pour (1) bottle of Gatorade in with (1) bottle of Miralax Powder.
- Pour an 8 ounce cup and drink it. Repeat this every 15 minutes until the drink is finished.
- Continue drinking clear fluids for the rest of the day.

**THE DAY OF THE EXAM**

- **3-4 Hours prior to your exam**, obtain a pitcher and pour (1) bottle of **Gatorade** in with (1) bottle of **Miralax Powder**. Pour 8 ounces of liquid and drink it. Repeat this every 15 minutes until the drink is finished.

**\*\* 2 Hours prior to your scheduled arrival time STOP DRINKING ALL LIQUIDS\*\***

- Arrive for your Colonoscopy at the scheduled time**
- Enter the Hospital by the Highland Street entrance and check in at the Surgical Services Desk.**

**SUTABS**

**THE NIGHT BEFORE YOUR EXAM, START THE PREP ANYTIME BETWEEN 3-7 PM**

- This Preparation requires a prescription from your GI doctor.
- Open the bottle of 12 tablets. Fill the glass in the kit with 16 oz of water and swallow 1 tablet every 1-2 minutes. You should finish the 12 tablets and the **entire 16 ounces of water** within 20 minutes.
- An hour after the last tab, **fill a 2<sup>nd</sup> 16 oz glass** of water and drink the entire amount.
- 30 minutes after the second glass of water, **fill a 3<sup>rd</sup> glass to 16 oz and drink the entire amount.**

**THE DAY OF THE EXAM**

- 4 hours before your procedure repeat the steps. Swallow 12 tablets, every 1-2 minutes, with a 16 ounce glass of water. Take a 2<sup>nd</sup> and 3<sup>rd</sup>, 16 oz glass of water every 30 minutes until you have had 48 oz total. **Continue drinking Water or Gatorade ONLY up to 2 hours before your procedure.**

**\*\*2 hours prior to the scheduled arrival time STOP DRINKING ALL LIQUIDS\*\***

- Arrive for your Colonoscopy at the scheduled time**
- Enter the Hospital by the Highland Street entrance and check in at the Surgical Services Desk.**

## SUPREP

### THE NIGHT BEFORE YOUR EXAM, START THE PREP ANYTIME BETWEEN 3-7 PM

- This Preparation requires a prescription from your GI doctor.
- Pour one (1) 6 ounce bottle of Suprep into the mixing container. Add cool drinking water up to the 16 ounce line on the container and mix. **Drink ALL the liquid.** Over the next hour you need to drink two (2) more 16 ounce glasses of water. Continue to drink clear liquids until midnight.

### THE DAY OF THE EXAM

- 4 hours before your procedure pour one (1) 6 ounce bottle of Suprep into the mixing container. Add cool drinking water up to the 16 ounce line and mix. **Drink ALL the liquid.** Over the next hour you need to drink two (2) more 16 ounce glasses of water. **Continue drinking Water or Gatorade ONLY up to 2 hours before your procedure.**

**\*\*2 hours prior to the scheduled arrival time STOP DRINKING ALL LIQUIDS\*\***

- Arrive for your Colonoscopy at the scheduled time
- Enter the Hospital by the Highland Street entrance and check in at the Surgical Services Desk.

## GAVILYTE/GOLYTELY/COLYTE

### THE NIGHT BEFORE YOUR EXAM, START THE PREP ANYTIME BETWEEN 3-7 PM

- This Preparation requires a prescription from your GI doctor.
- Mix the container with 1 gallon (16 cups) of water until it's dissolved. Split into 2, 8 cup portions. One to take the night before and one to take the morning of the test.
- Start to drink 1 glass (8 ounces) every 15 minutes until you get through the ½ gallon (8 cups). This should take roughly 2 hours.
- Keep drinking clear liquids until bedtime.

### THE DAY OF THE EXAM

- 4-5 hours before your procedure, start drinking the second ½ gallon. 8 ounces at a time, every 15 minutes until it's gone. If you need additional liquids, only water and gatorade are allowed on the day of the test.

**\*\*2 hours prior to the scheduled arrival time STOP DRINKING ALL LIQUIDS\*\***

- Arrive for your Colonoscopy at the scheduled time
- Enter the Hospital by the Highland Street entrance and check in at the Surgical Services Desk.