

Preparing to prep for your colonoscopy

7 DAYS PRIOR TO PROCEDURE:

Diet: Avoid eating nuts and seeds, like popcorn, strawberries, peanuts, etc.

Medications:

Blood thinners -

- If you are taking Plavix, Coumadin (Warfarin), Lovenox, Xeralto, Eliquis, Brilinta or any other prescribed blood thinner, it's very important that you notify the nurse for instructions as when to STOP this medication before your procedure.
- If you are taking 325mg Aspirin, switch to 81mg Aspirin daily 7 days prior to your procedure and stay on this dose leading up to procedure.
- If you are already taking 81mg Aspirin, do not stop prior to procedure.

GLP – 1 injections

The following medication MUST be stopped 7 days prior to your procedure. If they are not stopped your procedure will be canceled and you will have to reschedule.

- GLP-1 injection medications (for diabetes and/or weight loss)
 - Ozempic(semaglutide) - Wegovy(semaglutide) –Trulicity(dulaglutide)
 - Bydureon(exenatide) - Mounjaro(trizepatide) – Zepbound(trizepatide)
- Weight loss medications:
 - Adipex (phentermine)

Obtain your prep:

- Prescription preps will be sent to the **GI ALLIANCE PHARMACY.**

DO NOT follow the instructions on the box! Follow the instructions given in this packet only!

- Call the pharmacy to verify shipment of your prep (if not received) **682-707-3760.**

(If you are scheduled within 5 days of the procedure prescription will be sent to your local pharmacy)

- **Over the counter prep** – You will need 4 Dulcolax laxative tablets and one 238-gram bottle of miralax
- **For possible additional prep** – Purchase a 4.1 oz bottle of miralax. (see prep page)

1 DAY PRIOR TO YOUR PROCEDURE:

Diet: You must be on a clear liquid diet ALL DAY.

- For example: if your test is on Tuesday, do not eat solid food after midnight on Sunday.
- Clear liquids include water, tea, coffee (no milk/creamer), sodas, chicken or beef broth, fruit juice without pulp, sports drinks, crystal light, slushes, popsicles, and jello.
- **NO red, purple, or milk products! No solid foods!**

Medications:

- If you are diabetic and take medications, such as insulin and metformin, take ½ of your regular dose of medication the day before your procedure.

STOP - GLP-1 ORAL medications (weight loss) -

Rybelsus (semaglutide) -Victoza (liraglutide) -Saxenda (liraglutide) -Byetta (exenatide)

Adlyxin(lixisenatide)

THE MORNING OF YOUR PROCEDURE

Diet: **continue clear liquid diet and NOTHING by mouth 4 hours before your procedure time!**

Medications: Blood pressure, heart, seizure, and/or thyroid medications – please take **6 hours** prior to your procedure with a sip of water.