

## Colonoscopy Prep Instructions:

If you have a cough or cold or are on antibiotics for an infection, please let us know as soon as possible. We may need to reschedule your procedure to a later date.

### 2 days prior – eat light

- Avoid seeds (tomatoes, kiwi, raspberries, strawberries)
- Avoid fruits with pulp (oranges, lemons, lime, etc.)
- Avoid nuts, beans, corn, and popcorn
- Avoid hard to digest foods (kale, spinach, lettuce)

### 1 day prior – CLEAR liquids only

- Water
- Chicken or beef broth
- Jell-O (No red or purple)
- Gatorade (No red or purple)
- Coffee (No milk or creamer)
- Apple juice or white grape juice
- Sprite or 7-up
- Pepsi or Coke

### Prep Tips –

- Try drinking the prep through a straw. Put the straw to the back of your mouth past your taste buds.
- Suck on hard candy between glasses of prep – DO NOT chew or swallow the candy or have after midnight.
- Flavor each glass (not big container) with Mio, Crystal Light, Kool-Aid, etc. (No red or purple)
- Move/walk around to help the prep work and to ease abdominal discomfort and/or cramping.
- It's not uncommon to feel cold, so bundle up in warm clothes and use blankets.

### 6PM the night before your procedure (Tuesday) – start prep

- If a Bisacodyl (Dulcolax) tablet is included in your prep, take this now.
- Golytely or Nulytely – drink an 8 oz glass of prep every 10-15 minutes until the first half of the jug is gone.
- SuPrep – put one bottle of SuPrep mix into the mixing container and add 16 oz of water to the fill line. Mix/stir well and drink over 20-30 minutes. Drink 2 more 16 oz glasses of water over the next hour.
- SuTab – Fill the container with 16 oz of water. Take 1-2 tabs with a sip of water every 1 to 2 minutes (all 12 tablets and all 16 oz of water should be gone in about 20 minutes). Then drink two more 16 oz glasses of water each over 30 minutes.

Continue drinking clear liquids after taking the first half of the prep until midnight.

**Do not drink anything after midnight except for the second half of your prep**

- No smoking, vaping, or chewing tobacco
- No gum or candy

### 2AM – start the second half of the prep.

- Golytely or Nulytely – drink an 8 oz glass of prep every 10-15 minutes until the second half of the jug is gone.
- SuPrep – put the second bottle of SuPrep mix into the mixing container and add 16 oz of water to the fill line. Mix/stir well and drink over 20-30 minutes. Drink 2 more 16 oz glasses of water over the next hour.
- SuTab – Fill the container with 16 oz of water. Take 1-2 tabs with a sip of water every 1 to 2 minutes (all 12 tablets and 16 oz of water should be gone in about 20 minutes). Then drink two more 16 oz glasses of water, each over 30 minutes

By the end of your prep, your stools should look clear to light yellow with no solid stool or brown pieces. If you continue to have solid stools you may need an enema prior to the procedure. If this is the case, inform the nurse right away after checking in.

On the morning of the procedure you may take only the medications you have been directed to take with just a sip of water to get the medication down.

## Medications –

Below is a list of common medications that will need to be held prior to your procedure.

### 7 days prior to the procedure –

- Stop any GLP-1 medications that are injected for diabetes or weight loss
  - Adlyxin, Bydureon BCise, Byetta, Conclave, Delaglutide, Exenatide, Exenatide ER, Liraglutide, Lixisenatide, Monnaro, Ozempic, Phentermine, Qsymia, Rybelsus, Saxenda, Semaglutide, Tirzepatide, Trulicity, Victoza, Wegovy, Xultophy.
- Stop street drugs
  - Cocaine, Methamphetamine, Heroin, Fentanyl, LSD, etc.
    - A urine drug screen will be done with histories of substance use.
- Stop NSAID class medications
  - Ibuprofen, Aleve, Advil, Naproxen, Motrin, etc.
  - Aspirin products (if you have received direction from your provider, if not, it's okay to continue taking)
  - Iron supplements or multivitamins containing iron
  - Herbals – Echinacea, Ephedra, Garlic, Ginkgo, Ginseng, Kava, St. John's Wort, and Valerian

### 3 days prior to the procedure –

- Stop weight loss medications
  - Conclave, Phentermine, and Qsymia

### 24-48 hours prior to the procedure –

- Stop Stimulants
  - Adderall, Amphetamine, Armodafinil, Concerta, Daytrana, Dextroamphetamine, Dexmethylphenidate, Dexedrine, Focalin, Lisdexamfetamine, Methylphenidate, Metadate, Modafinil, Nuvigil, Procentra, Provigil, Ritalin, Vyvanse, Zenzedi

### Morning of procedure – oral or injected diabetic medications

- Stop Oral GLP-1 medications
- Stop ACE inhibitors and Angiotensin receptor blockers

Stop blood thinners as directed by your prescribing physician. If you have questions regarding stopping your medication, please call and we can help coordinate with your provider.

### Standard stop dates for blood thinners –

- Coumadin (Warfarin) – 5 days prior
- Eliquis and Xarelto – 3 days prior
- Heparin and Lovenox – 24 hours prior
- Plavix (Clopidogrel) – 5-7 days prior

If your medication stop dates do not match the dates above, follow your prescribing physicians' instructions. Please take anxiety medications, antipsychotic medications, Parkinson's medications, anti-seizure medications, all medications used for chronic pain, all bronchodilators used on a daily basis, and all beta-blockers.

You may resume taking your normal morning medications after the procedure unless directed otherwise.

If you do take a medication that you were not supposed to (Ozempic, Coumadin, etc.) in the time frame it was to be held, please call us right away. We may need to reschedule your procedure.

If you have any further questions, call the FGH surgery department at 641-456-5032 between the hours of 7am – 3:30pm Monday through Friday.