

How to Prepare for Your Colonoscopy

PLEASE READ

This information will help you get ready for your colonoscopy using a bowel prep prescribed by your doctor. Examples include sutab, suprep, clenpiq. Your doctor will give you a prescription for the kit.

FOLLOW OUR INSTRUCTIONS BELOW. NOT THE GENERIC ONES THAT COME WITH THE KIT.

A colonoscopy is an exam of your colon (large intestine). Your doctor will use a colonoscope (flexible tube with a camera on the end) to see the inside of your colon on a video monitor. During your procedure, your doctor can:

- Remove a small sample of tissue (biopsy) for testing.
- Remove a polyp (growth of tissue)
- Take photos of the inside of your colon

FOLLOW THESE INSTRUCTIONS CAREFULLY. Your colon must be empty for your colonoscopy. If there's stool inside your colon, your doctor may not be able to see polyps or other problems inside your colon, **and you may have to repeat the procedure.** The quality of your colonoscopy depends on the quality of the prep that you do at home. If you have any questions, contact your doctor's office.

1 Week Before Your Procedure

Do **NOT** take medicines that stop diarrhea, such as loperamide (Imodium®) or bismuth subsalicylate (Kaopectate®, Pepto-Bismol®).

Do **NOT** take fiber supplements, such as Metamucil®, Citrucel®, or Perdiem®.

Do **NOT** take products that contain iron, such as multivitamins (the label lists what is in the products).

Do **NOT** take Vitamin E

You may need to stop taking some of your medications before your procedure. Talk with your doctor about which medications are safe for you to stop taking. We have included some common examples below.

Most anticoagulants (blood thinners) are stopped 2-7 days prior to the procedure with approval from your physician:

If you take a blood thinner to treat blood clots or to prevent a heart attack or stroke ask the doctor who prescribes it for you when you should stop taking it before your procedure. Examples of common anticoagulants (blood thinners) are listed in the table below. There are others, so check with your doctor if you're not sure.

apixaban (Eliquis®)

cilostazol (Pletal®)

clopidogrel
(Plavix®)

enoxaparin
(Lovenox®)

fondaparinux
(Arixtra®)

heparin

rivaroxaban
(Xarelto®)

tinzaparin
(Innohep®)

warfarin
(Coumadin®)

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Discontinue Medications for Diabetes or Weight Loss

If you take insulin or other medications for diabetes, you may need to change the dose. Ask the doctor who prescribes your diabetes medication what you should do the day before and the morning of your procedure. Tell your doctor you will be drinking a sugar-free clear liquid diet the day before your procedure. If you take metformin (such as Glucophage® or Glumetza®) or a medication that contains metformin (such as Janumet®), don't take it the day before or the day of your procedure.

If you are on weight loss medication or diabetic medication listed below you must not take the medication prior to the scheduled procedure. If you do then the procedure will have to be delayed until you are off the medication for the designated period of time.

The following medications are prohibited prior to procedure:

Stop 1 day before procedure	Adlyxin (Lixisenatide) Byetta (Exenatide) Rybelsus (Semaglutide) Victoza and Saxenda (Liraglutide)
Stop 1 week before procedure	Bydureon (Exenatide) Mounjaro (Tirzepatide) Ozempic and Wegovy (Semaglutide) Trulicity (Dulaglutide)

3 Days Before the Procedure

Avoid certain foods 3 Days Before Your Colonoscopy:

You should follow a low-fiber diet starting 3 days before your colonoscopy.

During this time, do not eat:

- Raw (fresh) fruits and vegetables.
- Whole kernel corn, including canned corn.
- Whole grains (such as oatmeal, brown rice, quinoa, or wheat bread)
- Seeds (such as poppy or sesame)
- Nuts

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1 DAY BEFORE THE PROCEDURE

DRINK CLEAR LIQUIDS ALL DAY for breakfast, lunch, and dinner.

DO NOT EAT ANY SOLID FOOD THE DAY BEFORE THE PROCEDURE.

This diet provides fluids that leave a little residue and are easily absorbed with minimal digestive activity in order to have the best results with your colonoscopy. Our ability to do a good exam depends on your bowel prep.

NO RED OR PURPLE LIQUIDS SHOULD BE CONSUMED!

No solid food whatsoever should be consumed 24 hours before the procedure. These include milk, milk drinks, fruit, soups with solid material, desserts, meat, vegetables, grains and starches.

If these are consumed the day before your procedure it may be canceled and you will be responsible for a cancellation fee of \$350.

Clear Liquids (No Red or Purple Liquids)	DO NOT DRINK
Gatorade®, Pedialyte® or Powerade®	Alcohol
Clear broth or bouillon	Milk or non-dairy creamer
Coffee or tea (no milk or non-dairy creamer)	Noodles or vegetables in soup
Carbonated and non-carbonated soft drinks	Juice with pulp
Kool-Aid® or other fruit-flavored drinks	Liquid you cannot see through
Strained fruit juices (no pulp)	
Jell-O®, Popsicles®, hard candy	
Water	

IF YOU ARE TAKING THE SUPREP/CLENPIQ PREP

You will drink a large amount of cool liquid for your **Clenpiq/Suprep** bowel preparation. This may cause bloating or discomfort in your abdomen (belly), nausea, or a headache. These things aren't cause for alarm. If you have pain in your abdomen or vomit, call your doctor.

Do your CLENPIQ/SUPREP bowel preparation in 2 doses:

DOSE 1: At 5:00 PM the evening before your procedure, start drinking the first part of your Clenpiq/Suprep bowel preparation. Start at 5:00 PM no matter what time you're scheduled to arrive for your procedure.

1. Empty 1 bottle of Clenpiq/Suprep liquid into the mixing container.
2. Add cool drinking water up to the 16-ounce line on the container. Mix.

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3. Drink all of the liquid in the container.
4. Drink 2 more 16-ounce containers of water (32 ounces total) over the next hour. You don't need to drink the water all at once, but it's essential to finish all 32 ounces over the next hour.
5. After you finish all 32 ounces of water, you can drink other clear liquids.
6. **DOSE 2: You will repeat steps 1 to 5 starting 6 hours before your scheduled procedure time for the second part of your SUPREP bowel preparation. IT IS IMPORTANT THAT YOU FINISH THE SECOND HALF OF PREP AND HAVE NOTHING BY MOUTH 4 HOURS BEFORE SCHEDULED PROCEDURE TIME.**
7. After completing 2nd half of prep take 125mg simethicone (GasX)

Do NOT have anything to EAT or DRINK after midnight other than a small sip of water for medication and the 2nd half of your bowel prep.

IF YOU ARE TAKING THE SUTAB PREP

- Please begin the prep at 5 PM the night before the colonoscopy, you will take the prep in two doses
- Take the first 12 tablets by taking 4 tablets every 15 minutes followed by 8 ounces of a clear liquid
- 6 hours prior to your scheduled procedure time repeat this procedure again.
- After completing 2nd half of prep take 125mg simethicone (GasX)

DO NOT have anything to EAT or DRINK after midnight other than a small sip of water for medication and 2nd half of bowel prep. IT IS IMPORTANT THAT YOU FINISH THE SECOND HALF OF PREP AND HAVE NOTHING BY MOUTH 4 HOURS BEFORE SCHEDULED PROCEDURE TIME.

What To Bring With You to Your Colonoscopy

- A list of the medications you take at home, including patches and creams.
- If you have an implanted pacemaker or cardioverter-defibrillator (AICD), bring your wallet card with you if it isn't already on file with the hospital.
- Your rescue inhaler (such as albuterol for asthma), if you have one
- Your Health Care Proxy form, if you have completed one

You must have a driver accompany you to the colonoscopy.

No ride sharing (Uber/Lyft) is allowed whatsoever. Your driver should remain at the center and be present when the doctor discusses the results with you since while coming out of sedation patients are prone to forget the conversation.

After Your Colonoscopy

Sedatives given during your colonoscopy may linger for hours. An adult (18 years or older) must be available to take you home. Your procedure will be canceled if you do not have appropriate transportation home. You should not drive or operate any machinery afterward. Please do not drink alcohol or take sedative medications during the next 24 hours following her procedure. Do not plan to travel outside the country for several days following your colonoscopy.