

| COLONOSCOPY PREP                                                     | COLYTE | PLEASE READ CAREFULLY!                                          |
|----------------------------------------------------------------------|--------|-----------------------------------------------------------------|
| IT IS VERY IMPORTANT FOR YOU TO CAREFULLY FOLLOW THESE INSTRUCTIONS. |        | A COMPLETE COLONOSCOPY CANNOT BE PERFORMED ON AN UNCLEAN COLON! |

**MEDICATIONS:**

- **Diabetes:** Call your primary physician for instructions on how to take these medications on the day before your colonoscopy and on the day of the procedure.
- **Blood Thinners (with permission from your prescribing provider):**
  - 5 full days prior, hold Plavix (Clopidogrel), Coumadin (Warfarin), Brilinta (ticagrelor)
  - 2 full days prior, hold Pradaxa (Dabigatran), Xarelto (Rivaroxaban), Eliquis (Apixaban)
  - Any other blood thinners or antiplatelet agents, please ask your prescribing provider.
  - You may continue to take aspirin daily.
- **Avastin:** if you are on this chemotherapy agent, it is critical that you inform your gastroenterologist.
- **Other medicines/behavior:**
  - Hold iron and fiber supplements one week before your procedure.
  - Anesthesia requires that patients do not smoke, vape, consume alcohol, smoke marijuana or use other illicit drugs for 24 hours prior to procedure.
- **Diabetes/Weight Loss:** Diabetes and weight loss treatments must be held before the procedure to minimize anesthesia-related risk.
- Necessary morning medications may be taken with a sip (2 teaspoons) of water on day of procedure.

**DIET (see reverse for more details):**

- Starting **two days prior to procedure:** avoid whole grains, seeds, nuts, berries, raw tomatoes and corn.
- Starting **the day prior to procedure:** Eat a light breakfast, then only clear liquids after 10 AM
- It is important to complete the entire prep. You should continue clear liquids up until 4 hours prior to your procedure to stay hydrated.

**OBTAIN PREP:**

- Fill your prescription for Colyte Prep at your pharmacy
- DISCARD the package instructions and follow the instructions on this sheet

**PREP FOR COLONOSCOPY:**

- Day before the procedure
  - 6 PM: Mix Colyte with 4 liters of water. Immediately start drinking 8 ounces of the mixture until half the bottle is consumed. This will equal 64 ounces.
- Day of Procedure
  - 6 hours prior to procedure: Drink the remaining bottle of the Colyte mixture
    - Drink 8 ounces every 15 minutes until consumed (within 2 hours)
    - You must drink at least six of the 8-ounce servings of the morning dose. Discard the remaining prep
  - Necessary morning meds may be taken with a sip (2 teaspoons) of water
  - Prep must be finished no later than 4 hours prior to procedure.
- Nothing by mouth within 4 hours of procedure including solid food, gum, mints, hard candy or water or your procedure will be rescheduled (except necessary morning meds with a sip of water)

# **DIETARY GUIDELINES:**

What is a light breakfast?

- A light breakfast may include 1-2 slices of white bread toast or a plain bagel with butter, margarine or jelly. It can also include one egg.
- Does not include anything whole grain (including wheat/rye bread), granola, nuts or seeds

What is a clear liquid diet? A “clear liquid” has the consistency of water at room temperature and is transparent

- Avoid
  - Clear liquids that are red, orange or purple in color
  - Alcohol and dairy products
  - Tomato juices and pulpy juices are not clear liquids
- Beverages you may have:
  - Water
  - Juices: apple, white grape
  - Black coffee or tea (iced or hot)
  - Gatorade, Vitamin Water, PowerAde and other electrolyte drinks (not red, orange or purple)
- Other clear liquids to enjoy:
  - Clear vegetable, chicken or beef broth (broth only - no noodles, vegetables, potatoes, etc.)
  - Jell-o, popsicles, fruit ice or slush (not red, orange or purple)
  - Ginger ale or Sprite (NO cola, Mountain Dew or other sodas)
  - Sugar or sweeteners dissolved in any of the above

# **PREP TIMELINE (what time should I finish my prep):**

## **Colonoscopy Prep Timetable**

**Prep Part 1: start @ 6pm the day before (see prep instructions)**

| Scheduled Procedure Time | Start Prep Part 2 | Finish Prep By | Scheduled Procedure Time | Start Prep Part 2 | Finish Prep By |
|--------------------------|-------------------|----------------|--------------------------|-------------------|----------------|
| 730 am                   | 130 am            | 330 am         | 1200 pm                  | 600 am            | 800 am         |
| 800 am                   | 200 am            | 400 am         | 1230 pm                  | 630 am            | 830 am         |
| 830 am                   | 230 am            | 430 am         | 100 pm                   | 700 am            | 900 am         |
| 900 am                   | 300 am            | 500 am         | 130 pm                   | 730 am            | 930 am         |
| 930 am                   | 330 am            | 530 am         | 200 pm                   | 800 am            | 1000 am        |
| 1000 am                  | 400 am            | 600 am         | 230 pm                   | 830 am            | 1030 am        |
| 1030 am                  | 430 am            | 630 am         | 300 pm                   | 900 am            | 1100 am        |
| 1100 am                  | 500 am            | 700 am         | 330 pm                   | 930 am            | 1130 am        |
| 1130 am                  | 530 am            | 730 am         |                          |                   |                |

### **Pre-Procedure Medication Changes**

- ❖ **If your medications change prior to your procedure, you must contact our office.**
- ❖ **It is imperative to notify our office of any Diabetes/ Weight loss medications you are taking.**
- ❖ **Below is a list of common Diabetes/ Weight Loss medications. Please contact our office if taking any other medications not listed.**

| <b>Drug Class</b> | <b>Medications</b>                                                                                                                                                                                                                                                                                                                                                          | <b>When to stop</b>                                                                                                    |
|-------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------|
| GLP-1 agonist     | This drug class includes (but is not limited to) Ozempic, Wegovy, Zepbound, Rybelsus, Mounjaro, Trulicity, Byetta and Saxenda                                                                                                                                                                                                                                               | Weekly injections stop 7 days prior to the procedure;<br>Daily injections/ oral meds stop 1 day prior to the procedure |
| SGLT-2 Inhibitors | Brenzavvy (Bexagliflozin), Farxiga (dapagliflozin), Glyxambi (Empagliflozin and Linagliptin), Invokamet (Canagliflozin and Metformin), Invokana (canagliflozin), Jardiance (empagliflozin), Qtern (Dapagliflozin and Saxagliptin), Synjardy (Empagliflozin and Metformin), Trijardy XR (Empagliflozin, Linagliptin, and Metformin), Xigduo XR (Dapagliflozin and Metformin) | Stop 3 days prior to the procedure                                                                                     |
| SGLT-2 Inhibitors | Steglatro (Ertugliflozin), Steglujan (Ertugliflozin and Sitagliptin), Stegluromet (Ertugliflozin and Metformin)                                                                                                                                                                                                                                                             | Stop 4 days prior to the procedure                                                                                     |