Associates in Gastroenterology and Endoscopy Centers of Colorado Springs

IMPORTANT: For your safety, YOUR PROCEDURE WILL BE CANCELLED if these instructions are not followed.

❖ **GLP-1 agonist medications currently available on the U.S. market include:**

- Dulaglutide (Trulicity®)
- Exenatide (Byetta®)
- Exenatide extended-release (Bydureon®)
- Liraglutide (Victoza®)
- Lixisenatide (Adlyxin®)
- Semaglutide injection (Ozempic® or Wegovy®)
- Semaglutide tablets (Rybelsus®)
- Tirzepatide (Mounjaro® or Zepbound®)

If you take any of these medications orally, **hold it the morning of your procedure**.

If you take the injectable form of these medications, hold it for **7 days prior** to your procedure.

❖ **Sodium Glucose Costransporter-2 Inhibitors (SGLT-2) class include:**

- Invokana® (canagliflozin)
- Jardiance® (empagliflozin)
- Synjardy® (empagliflozin/metformin)

Hold these medications for **3 days prior** to your procedure.

- Steglatro® (ertugliflozin)
- Farxiga® (dapagliflozin)
- Sotafliflozin (Inpefa)

Hold these medications for **4 days prior** to your procedure.

COLONOSCOPY INSTRUCTIONS

Associates in Gastroenterology, P.C.
719-635-7321
www.agcosprings.com

Your Appointment is scheduled for:

Date: _____

Check-In Time: _____

Procedure Time: _____

Location:

Endoscopy Centers of Colorado Springs
- ❑ Audubon Medical Campus
  2940 N. Circle Dr.
- ❑ St. Peregrine Pavilion
  6031 E. Woodmen Rd. Ste. 100

Hospitals
- ❑ Penrose Main Hospital GI Lab
  2222 N. Nevada Ave.
- ❑ St. Francis Hospital GI Lab
  6001 E. Woodmen Rd.

If you are scheduled at a hospital:
- Call 776-8010 one (1) week prior to your procedure to pre-register
- Check in at registration –they will direct you to the GI Lab.

Preparing for Your Procedure

Stop taking the following medications:
You will need to stop taking certain blood-thinning medications in the days before your colonoscopy. If you take a blood-thinning medication, please check with the doctor who prescribed your medication before stopping it.

7 Days Prior To Your Procedure:
- Stop taking all anti-platelet medications: Plavix (clopidogrel), Pletal, Ticlid (ticlopidine), Aggrenox, Agrylin (anagrelide), or Effient.

5 Days Prior To Your Procedure:
- Stop taking Coumadin (warfarin), Brilinta, and Jantoven.

2 Days Prior To Your Procedure:
- Stop taking Pradaxa (dabigatran), Xarelto (rivaroxaban), Eliquis (apixaban), and iron supplements.

12 hours Prior To Your Procedure:
- Stop taking Lovenox, aspirin, ibuprofen, other NSAIDs.

Follow a special diet before the colonoscopy.
You will not be able to eat solid food for 2 days preceding your exam. Drinks are limited to **clear liquids** (water, sports drinks, tea, broth, jello, popsicles, clear fruit juices without pulp, coffee without milk or creamer, or clear carbonated beverages). Avoid red and purple liquids, which can be confused with blood during the colonoscopy.

Take a Laxative.
Before a colonoscopy, you will need to clean out (empty) your colon. To accomplish this, you will need to follow the bowel preparation instruction on the other side of this page. The laxative in your bowel preparation will cause you to have diarrhea. You should plan on being near a bathroom while taking your prep. Any residue in your colon may obscure the view of your colon during the exam.

Bring a medication list.
Tell your doctor about all the medications and supplements you are taking before your endoscopy. Be sure to bring a medication list with you. If you take heart, blood pressure, or seizure medication routinely, you may take the medication up to 2 hours before your procedure with a small amount of water. If you are diabetic, hold oral medications the morning of your procedure. If you take insulin, take only half of your normal dose depending on your morning glucose level.

Plan ahead for your recovery.
You will receive anesthesia/sedation for this exam. You may feel mentally alert, but your memory, reaction times, and judgment may be impaired. You will not be allowed to drive or go back to work until the day after the procedure. You are not allowed to take a taxi, or bus, or leave the Center alone.
IF YOU DO NOT HAVE A DRIVER HOME, YOUR PROCEDURE WILL BE CANCELLED.

A nurse is available for questions Monday through Friday from 8am-4pm. Call 785-3500 press option 2.

2 Day Miralax/NuLYTELY: Bowel Preparation Instructions

You will need to obtain a NuLYTELY/GoLYTELY prep kit (prescription required) which includes:

1 (one) NuLYTELY/GoLYTELY 4 liter mixing bottle containing prep powder.
Various flavor packs

Shopping List (these products can be purchased without a prescription):

1 (one) Bottle of Miralax powder (119 grams)
1 (one) 32oz. bottles of electrolyte replacement solution such as Gatorade, Pedialyte, Powerade or Propel. Avoid red or purple

Bowel Prep Instructions:

No solid food starting **2** days before your procedure.
You may have **clear liquids only** for those 2 days before the procedure.

2 Days before your colonoscopy

Start your prep at 4pm.

Step 1: Add the Miralax powder to 1 (one) 32-ounce bottle of electrolyte solution and mix/stir.
Step 2: Drink **ALL** 32 ounces of the solution over the next hour by drinking one glass approximately every 15 minutes.
Step 3: After completing the solution, you should continue with clear liquids of your choice between prep doses.

1 Day before your colonoscopy

Prepare the bowel prep solution.

Step 1: Pour **ONE** (1) of the flavor packs into the mixing container (Optional).
Step 2: Add lukewarm drinking water to the top line on the mixing container. Cap the bottle and shake to dissolve the powder. The mixed solution will be clear and colorless. The reconstituted solution should be kept refrigerated.

At 4 pm on the evening before your colonoscopy:

Step 3: Drink **Half** the liquid in the container. Drink 1 (8 oz.) glass every 10 to 15 minutes. Rapid drinking of each glass is better than drinking small amounts continuously. If you have severe bloating, abdominal fullness, nausea, or vomiting, stop drinking the solution temporarily or increase the interval between glasses until these symptoms disappear.
Step 4: After completing the solution, you should continue with clear liquids of your choice between prep doses.

At 8 hours before your colonoscopy:

Step 5: Drink the second **Half** of the liquid in the container. Drink 1 (8 oz.) glass every 10 to 15 minutes.

Six hours prior to your colonoscopy:
Stop drinking and have nothing more by mouth.
(This includes gum, lozenges, and hard candy.)

IF YOU DO NOT STOP DRINKING (6) SIX HOURS BEFORE YOUR PROCEDURE, YOUR PROCEDURE MAY BE CANCELLED.

FOR YOUR SAFETY, DO NOT SMOKE, VAPE, OR CHEW TOBACCO (6) SIX HOURS BEFORE YOUR PROCEDURE.
DO NOT USE MARIJUANA THE DAY OF YOUR PROCEDURE.