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.

2 Day Miralax-SUPREP: Bowel Preparation Instructions

You will need to obtain a SUPREP bowel prep kit (requires prescription) which includes:

2 (two) 6-ounce (177ml) bottles of liquid bowel prep. A colon cleansing product.
1 (one) 16-ounce mixing container

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

1 (one) Bottle of Miralax powder (119 grams)
1 (one) 28oz. bottles of electrolyte replacement solution such as Gatorade, Pedialyte, Powerade or Propel. Diabetics should choose a sugar free variety.

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.

Start your prep two days before your procedure between 2pm and 6pm.

Step 1: Add the Miralax powder to 1 (one) 28 ounce bottle of electrolyte solution and mix/stir.
Step 2: Drink **ALL** 28 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.

_____: on the evening before your colonoscopy

Step 1: Pour **ONE** (1) 6 ounce bottle of SUPREP liquid into the mixing container.
Step 2: Add cool drinking water to the 16-ounce line on the mixing container and mix/stir.
Step 3: Drink **ALL** the liquid in the container.
Step 4: You **must** drink 32 ounces (two 16 ounce glasses) of water over the next hour.

You should continue with clear liquids of your choice between prep doses.

_____: eight hours prior to your colonoscopy

Repeat SUPREP steps 1 through 4. You must start your second dose of SUPREP at least (8) eight hours prior to your procedure time.

_____: on the morning of your colonoscopy

Nothing more to eat, drink, or chew. **IF YOU DO NOT STOP EATING AND 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.

Tips for your bowel preparation:

Bowel prep is the most effective way to clean out the bowel. Completing the entire bowel prep offers the best chance that your bowel will be empty so the doctor can clearly view your colon.

Avoid high-fiber foods such as popcorn, beans, seeds (flax, sunflower, quinoa), multigrain breads, or nuts for several days prior to your colonoscopy.

Stay *very* close to a bathroom after taking the prep. Your bowel movements may be frequent, explosive and liquid (this is to be expected).