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.

Associates in Gastroenterology, P.C.
Endoscopy Centers of Colorado Springs

Procedure Instruction Packet

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 prescription 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 oral iron supplements.

12 hours Prior To Your Procedure:

- Stop taking Lovenox, aspirin, ibuprofen, other NSAIDs.

Follow a special diet before the procedure.

Prior to your procedure, you will not be able to eat solid food the day of your exam. Drinks are limited to **clear liquids only** (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 procedure. **You must stop drinking six hours before your exam.**

Use an enema.

Before a flexible sigmoidoscopy, you will need to clean out (empty) the lower portion of your colon. To accomplish this, you will need to administer yourself an enema. The solution in your enema will cause you to have a bowel movement. You should plan on being near a bathroom after taking your enema. 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 sigmoidoscopy. 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.

Plan ahead for your recovery.

Most patients do not receive sedation for this procedure. If you would like to receive sedation/anesthesia for your procedure, please speak to your doctor regarding your options. If you receive sedation/anesthesia, you will need to arrange for a driver to take you home. 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.

Flexible Sigmoidoscopy Bowel Preparation Instructions

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

2 (two) Saline Enemas. A colon cleansing product.

Saline enemas are taken to cleanse the lower part of your colon. Enemas are administered through the rectum. You will take the first enema 3 hours before your procedure and the second enema at least two hours prior to your sigmoidoscopy.

Bowel Prep Instructions:

No solid food starting after midnight prior to your procedure.
From midnight until 6 hours before your procedure, you may have **clear liquids only**.

Six hours prior to your procedure:
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.

Three hours prior to your procedure

Administer the first enema

Step 1: Remove the protective shield from the tip of the enema.
Step 2: Assume a left side lying position. Lie on your left side with your right knee bent toward your chest.
Step 3: Gently insert the tip of the enema into your rectum with steady pressure.
Step 4: Squeeze the enema bottle until the laxative dose is expelled. A small amount of liquid may remain in the bottle.
Step 5: Remove the tip and maintain your position until the urge to evacuate is strong (usually 2 to 5 minutes).
Step 6: Go to the bathroom and expel the enema into the toilet.

Two hours prior to your procedure

Repeat steps 1 through 6 for the second enema.

Tips for your bowel preparation:

Stay *very* close to a bathroom after administering the enema. Your bowel movement may be urgent, explosive, and liquid.

Discontinue use of the enema if resistance is encountered when inserting the tip; forcing the enema can result in injury.

If you live 2 hours or more away from the Center, call to make adjustments to your preparation times.

Enemas are for rectal use only. If swallowed, contact the Poison Control Center or get medical help right away.