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.

AG
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Rectal EUS (Endscopic Ultrasound) Bowel Prep Instructions

Shopping List--- *None of these products are prescription—can be purchased at any drug store or grocery store*

- Two Fleet saline enemas (not the oil retention ones)
- These are for rectal administration—not the oral solution
- No prescription needed—available at any pharmacy or drug store

Day of your Procedure:

- You will be on a clear liquid diet starting at Midnight prior to your procedure**.**
- **STOP DRINKING all liquids --**(on the day of your procedure) **6 hours prior to your procedure**.
- In AM (on the day of your procedure), use the first Fleets Enema 3 hours prior to your exam (read the directions for administration). Try to hold the enema in for at least 2 minutes—preferably, 5 minutes.
- Expel the enema into the toilet.
- Use the 2nd Fleets enema 2 hours prior to your exam
  - If you live 2 hours or more away, we can make arrangements to give the 2nd enema at the facility where the procedure is being completed. Call to make arrangements 635-7321
- **As above, no food after midnight before procedure, STOP DRINKING all liquids** (on the day of your procedure) **6 hours prior to your procedure**.

- **If you take heart, blood pressure, or seizure medication routinely – it is okay to take this medication early the morning of your procedure with a sip of water.**
- **Insulin—take ½ dose depending on AM glucose level.**
- **Oral glucose medication—DO NOT TAKE.**

Clear liquids include: (NO RED OR PURPLE) Diabetics use sugar free drinks

Most any fluid you can see through (no alcohol)	*Coffee or tea without milk or non-dairy creamer.*
Water	*Gatorade or other clear electrolyte solution*
Clear fruit juices without pulp (apple, white grape, lemonade)	*Clear broth, bouillon (chicken or beef) No noodles or solids in soup*
Lemonade, kool aid or crystal light drinks (no red or purple)	
Jello (lemon, lime or orange) No fruit or toppings	*Pop (regular or diet) Ginger ale, Sprite, 7 Up, (no coke colored)*

After the procedure:

- You might feel some rectal discomfort after the exam.
- You may take a warm sitz bath (sit in a tub of warm water) after you go home.

- If sedated, you will not be allowed to drive or go back to work until the day after the procedure.
- If you want sedation and do not have a driver, your procedure will be cancelled.

TIPS from previous patients:

Stay ***very*** close to a bathroom after taking the enema. Your bowel movement may be explosive and liquid (this is to be expected).
If you can hold the enema for at least 5 minutes, you will have better results.

***A word about bowel preps*:**

No bowel prep is fun./It is a short term discomfort for a long term cause. The cleaner the colon is, the better exam you will get. We have never gotten compliments on the bowel prep.
The purpose of bowel prep is to clean out the colon to allow clear visualization for the exam. It is your responsibility to take all of the prep as directed.

Use soft toilet paper, hemorrhoid wipes and or Desitin or A&D ointment for skin irritation.