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

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®)
- Linagliptin (Tradjenta)

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.

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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 colonoscopy.

You will not be able to eat solid food the entire day before your exam. When you wake up the day before your procedure, you should limit your diet to clear liquids only. Examples of **clear liquids** include 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 Bowel Prep.

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. Please follow the instructions provided on this form and disregard those on the prep box or given to you by the pharmacy. The laxative in your bowel preparation will cause you to have diarrhea. You should plan to be 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 and short-acting insulin the morning of your procedure. Take only half of your normal dose of long-acting or basal insulin depending on your morning glucose level.

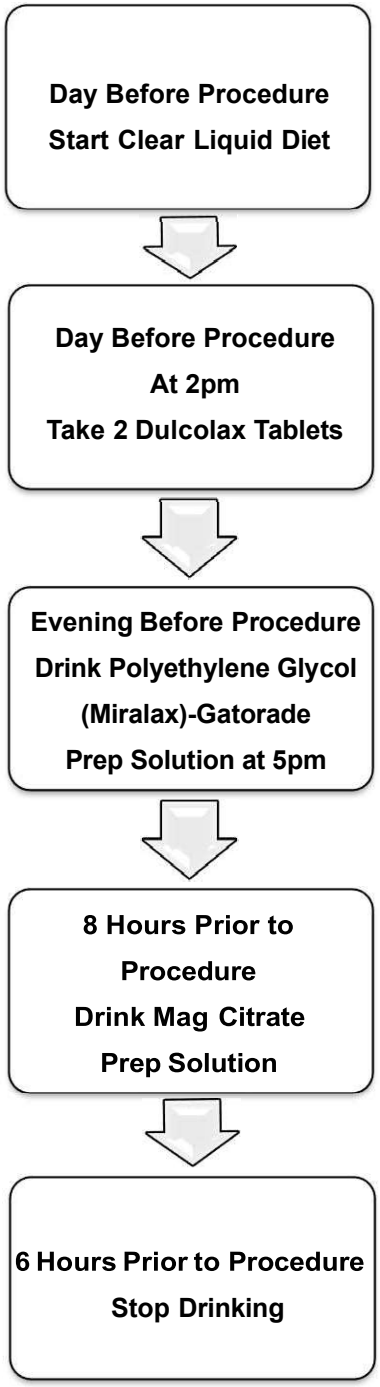
Plan ahead for your recovery.

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, non-medical ride service, bus, or leave the Center alone. **IF YOU DO NOT HAVE A RESPONSIBLE ADULT TO ACCOMPANY YOU HOME, YOUR PROCEDURE WILL BE CANCELLED.**

MiraLAX Dulcolax Magnesium Citrate:Bowel Preparation Instructions

Shopping List:

- 2 (two) bisacodyl 5mg tablets (Dulcolax, Dulcolax Overnight relief, Correctol, Bisacolax)
- 1 (one) 8.3 oz. bottle of Polyethylene Glycol (PEG) 3350 Powder (MiraLAX, or generic equivalent) (238g)
- 2 (two) 28 oz. bottles of electrolyte replacement solution such as Gatorade, Pedialyte, Powerade or Propel (No Red or Purple). Diabetics should choose a sugar free variety.
- 1 (one) 10 oz. bottle of magnesium citrate (no red colored flavors)



Step 1: Start a clear liquid diet the day before your colonoscopy.

- No solid food starting when you wake up the day before your procedure. You may have **clear liquids only** on the day before the procedure.

Step 2: Take only 2 (two) Dulcolax (bisacodyl) tablets at 2 pm on the day before your colonoscopy.

Step 3: Mix and drink Polyethylene Glycol (MiraLAX) - Gatorade preparation at 5 pm on the day before your colonoscopy.

- Mix **ALL** Polyethylene Glycol (MiraLAX) powder (238g/8.3oz) with the two bottles of electrolyte solution.
- Drink **ALL** of the solution by drinking 1 (one) 8 oz. glass approximately every 15 minutes until the mixture is gone.

Important: If you experience prep-related symptoms (for example, nausea, bloating, or cramping) pause or slow down the rate of drinking until your symptoms diminish.

- After completing the solution, you should continue with clear liquids of your choice to prevent dehydration.

Step 4: Drink the magnesium citrate solution eight hours prior to your colonoscopy.

- Drink 10 oz. magnesium citrate.
- Continue to have clear liquids up to 6 hours prior to your procedure.

Step 5: Stop drinking and have nothing more by mouth six hours prior to your colonoscopy.
(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.

A list of frequently asked questions is available online at www.agcosprings.com