



COLONOSCOPY PREP INSTRUCTIONS

Our office will inform you of your procedure location. This will NOT be at our office. The facility will contact you at least 2 days prior to your procedure to inform you of final arrival time.

Call or text us at 936-321-0000 with any questions or concerns.



IMPORTANT REMINDERS

- Follow all instructions to avoid rescheduling
- Adult driver required to take you home
- Contact doctor if on **blood thinners** or **diabetes medications**
- Results available in **7–10 days** → schedule follow-up in advance (text 936-321-0000 to schedule)



MEDICATION HOLDS

- Hold blood thinners _____ days (call provider if unsure)
- Notify cardiologist (if applicable)
- Hold **GLP-1 medications** for **7 days**
- Hold **Invokana / Farxiga / Xigduo / Jardiance / Synjardy** for **3 days**



PREP TIMELINE

2 WEEKS PRIOR

- Stop diet medications (e.g., phentermine)

1 WEEK PRIOR

- Pick up prep kit from pharmacy if not already done
- Stop GLP-1 medications: Ozempic, Wegovy, Rybelsus, Victoza, Saxenda, Trulicity, Byetta, Bydureon, Adlyxin, Tanzeum, Mounjaro, Zepbound

5 DAYS PRIOR

- Stop NSAIDs (Advil, Aleve, Ibuprofen, Mobic)
- Stop fish oil & Vitamin E
- Tylenol is OK
- Males: Stop Cialis / Viagra
- Notify doctor if on diabetes meds or blood thinners

3 DAYS PRIOR

- Hold Invokana / Farxiga / Xigduo / Jardiance / Synjardy



DIABETIC PATIENTS

- Check blood sugar (meals, bedtime, morning of procedure)
- Night before: Take $\frac{1}{2}$ **usual dose**
- Morning of procedure: **NO diabetes medications**
- Resume medications after procedure



DAY BEFORE PROCEDURE

CLEAR LIQUID DIET — ALL DAY (NO SOLID FOOD)

✓ ALLOWED (NO RED, PURPLE, OR BLUE):

- Water (plain or flavored)
- Clear broth (chicken, beef, or vegetable)
- Apple juice
- White grape juice
- Lemonade (no pulp)
- Clear sports drinks (yellow, orange, or green)
- Clear sodas (ginger ale, lemon-lime)
- Tea or coffee (no milk or cream)
- Popsicles (yellow, orange, green)
- Jell-O (yellow, orange, green)
- Ice chips
- Clear hard candies

✗ NOT ALLOWED:

- Any solid food
- Milk, cream, or non-dairy creamer
- Alcohol
- Red, purple, or blue liquids
- Juice with pulp
- Smoothies or shakes
- Soup with noodles, vegetables, or meat

EVENING PREP

- **5:00 PM** – Take **Dose 1 of prep (entire dose)**
- **6:00 PM** – Drink **16 oz water** over 30 minutes
- **6:30 PM** – Drink **16 oz water** over 30 minutes
- Continue clear liquids until **midnight**
- Nothing after midnight (except for 2nd dose of morning prep below)



MORNING OF PROCEDURE

Dose 2 of Prep

- 4:00 AM **OR** 5:00 AM (based on check-in time)

If Check-In is 7:00 / 7:30 / 9:00 AM

- 4:00 AM – Dose 2
- 5:00 AM – 16 oz water
- 5:30 AM – 16 oz water

If Check-In is 8:30 AM or Later

- 5:00 AM – Dose 2
- 6:00 AM – 16 oz water
- 6:30 AM – 16 oz water
- **Nothing to drink within 2 hours of check-in**



FINAL CHECK BEFORE LEAVING

- Stool is clear/yellow liquid
- Use Fleet Enemas if not clear (can be purchased at CVS, Walgreens, Wal-Mart, etc)
- Bring photo ID & insurance card
- Driver confirmed
- Expect to be at the facility approximately 2 hours
- Procedure follow up scheduled (text 936-321-0000)