

COLONOSCOPY Preparation Guide



▶ 1-2 WEEKS BEFORE:

❑ Please check with your prescribing physician if you currently take any of the following medications:

- Canagliflozin (Invokana®)
- Canagliflozin/metformin (Invokamet®)
- Canagliflozin/metformin XR (Invokamet® XR)
- Dapagliflozin (Farxiga®)
- Dapagliflozin/metformin XR (Xigduo®)
- Dapagliflozin/metformin XR (Xigduo® XR)
- Dapagliflozin/saxagliptin (Qtern®)
- Dapagliflozin/saxagliptin/metformin (Qternmet® XR)
- Empagliflozin (Jardiance®)
- Empagliflozin/metformin (Synjardy®)
- Empagliflozin/metformin XR (Synjardy® XR)
- Empagliflozin/linagliptin (Glyxambi®)
- Empagliflozin/linagliptin/metformin XR (Trijardy® XR)
- Ertugliflozin (Steglatro™)
- Ertugliflozin/metformin (Segluromet™)
- Ertugliflozin/sitagliptin (Steglujan™)

These medications will need to be held for at least 3 days prior to your procedure. Please discuss with your prescribing physician to confirm this. Do not discontinue medications without expressly reviewing with your physician's office. Please know that if you fail to hold these medications for 3-4 days prior to your scheduled procedure, the exam may need to be delayed or cancelled.

If you take any other medications regularly – including blood thinners- ask the doctor who prescribed them when you should stop taking them. DO NOT stop taking any of your regular medications without directions from your prescribing doctor.

- Iron Tablets: stop taking iron supplements seven days (one week) prior to your procedure.
- Do not stop taking any of your regular medications without direction from your doctor.

- Purchase the preparation materials:

- ❑ MiraLAX®: 1 bottle, 238 grams
- ❑ Dulcolax® (Bisacodyl): 4 pills, 5 mgs each
- ❑ Gatorade or Crystal Light Lemonade: 64 ounces (two 32 ounce bottles), yellow, green, or clear only.
- Eat a low-fiber diet for one week prior to your exam. Avoid seeds, nuts, popcorn, or other high-fiber foods.
- Arrange for a responsible person to pick you up after your exam is completed. You are not allowed to drive or leave the Endoscopy Center alone.

▶ 1 DAY BEFORE:

Food:

- Do not eat any solid food for breakfast, lunch or dinner.
- You may have clear broth, Jell-O® and ice pops.

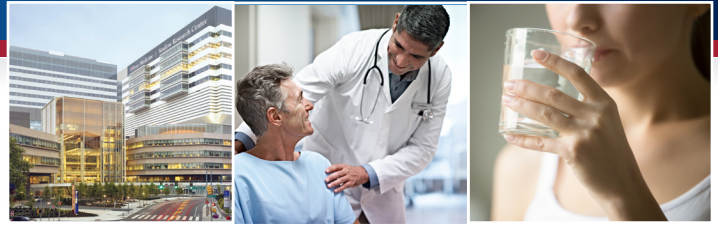
Drink:

- Plenty of clear fluids, such as: water, broth, apple/white grape juice, ginger ale, Sprite®.
- Do not have any red, blue or purple foods and drinks.
- Do not drink alcohol.
- Coffee and tea are OK. Do not use milk or creamer.

Inform the person to accompany you home that your estimated exam completion time will be 2 – 3 hours after arrival time.

▶ 4 PM THE DAY BEFORE THE EXAM:

- ❑ Take 4 Dulcolax® pills.
- ❑ Mix the entire MiraLAX® bottle with 64 ounces of Gatorade or Crystal Light Lemonade in a large pitcher. Stir and place in the refrigerator.



▶ 5–6 PM THE DAY BEFORE THE EXAM:

- Drink the first half (32 ounces) of MiraLAX® solution during this hour. You may not enjoy the taste; try drinking it cold, use a straw, or take small sips. Use a measuring cup or large drinking glass to measure 8 ounces.

- 5:00 pm: Drink 8 ounces of the MiraLAX® solution.
- 5:15 pm: Drink 8 ounces of the MiraLAX® solution.
- 5:30 pm: Drink 8 ounces of the MiraLAX® solution.
- 5:45 pm: Drink 8 ounces of the MiraLAX® solution.

▶ 6 HOURS BEFORE ARRIVAL TIME:

- Note: You may need to set an alarm to meet this time requirement.

Please follow the times listed in the Solution Schedule table to the right, based on your ARRIVAL time.

- Drink the remaining half (32 ounces) of MiraLAX® solution. It is important to finish drinking all the solution. Write in the times below, starting 6 hours before your arrival time.
- _____ am: Drink 8 ounces of the MiraLAX® solution.
- _____ am: Drink 8 ounces of the MiraLAX® solution.
- _____ am: Drink 8 ounces of the MiraLAX® solution.
- _____ am: Drink 8 ounces of the MiraLAX® solution.
- Do not drink or eat within 3 hours before the exam.

Clear Liquid Drinks & Food

Water:

tap, sparkling, seltzer

Juice:

apple, white grape, white cranberry

Soda:

diet/regular, lemon lime, ginger ale

Gatorade:

yellow, green, or clear only



Gelatin:

Jell-O® popsicles/water ice (lemon, lime)

Clear Broth/Bouillon:

any flavor

Tea/Coffee

no milk or creamer

Solution Schedule

Based on your arrival time, please refer to the chart below for the second part of your colonoscopy preparation. **Stop drinking all liquids 3 hours before arrival time.**

DRINK 8 OZ	DRINK 8 OZ	DRINK 8 OZ	DRINK 8 OZ	ARRIVAL
1:00 am	1:15 am	1:30 am	1:45 am	7:00 am
1:30 am	1:45 am	2:00 am	2:15 am	7:30 am
2:00 am	2:15 am	2:30 am	2:45 am	8:00 am
2:30 am	2:45 am	3:00 am	3:15 am	8:30 am
3:00 am	3:15 am	3:30 am	3:45 am	9:00 am
3:30 am	3:45 am	4:00 am	4:15 am	9:30 am
4:00 am	4:15 am	4:30 am	4:45 am	10:00 am
4:30 am	4:45 am	5:00 am	5:15 am	10:30 am
5:00 am	5:15 am	5:30 am	5:45 am	11:00 am
5:30 am	5:45 am	6:00 am	6:15 am	11:30 am
6:00 am	6:15 am	6:30 am	6:45 am	12:00 pm
6:30 am	6:45 am	7:00 am	7:15 am	12:30 pm
7:00 am	7:15 am	7:30 am	7:45 am	1:00 pm
7:30 am	7:45 am	8:00 am	8:15 am	1:30 pm
8:00 am	8:15 am	8:30 am	8:45 am	2:00 pm
8:30 am	8:45 am	9:00 am	9:15 am	2:30 pm
9:00 am	9:15 am	9:30 am	9:45 am	3:00 pm
9:30 am	9:45 am	10:00 am	10:15 am	3:30 pm
10:00 am	10:15 am	10:30 am	10:45 am	4:00 pm



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