



<p><u>ONE WEEK BEFORE:</u></p> <p>Call the gastrointestinal procedure unit at (509) 786-6676 if you take diabetes medication, insulin, or have conditions listed below, as we may need to modify your colonoscopy preparation:</p> <ul style="list-style-type: none"> • Kidney disease • Diabetes • Artificial heart valve <p><u>Transportation:</u> Because of the sedation you will be given during your procedure, you may not drive or leave the procedure unit without an escort. Taxis are not legal escorts.</p> <p><u>Stop taking supplements containing oils</u>, such as fish oil, krill oil, etc. for 1 week before your colonoscopy.</p> <p><u>Stop taking iron supplements 1 week before your colonoscopy.</u></p>	<p><u>5 DAYS BEFORE:</u></p> <p>Medications: If you take prescription blood thinners or a platelet inhibitor, such as Coumadin (warfarin), Pradaxa, Xarelto, Eliquis, or Plavix, <u>check with your doctor</u> for instructions on how to stop them.</p> <p>Aspirin prescribed by a doctor <u>should not</u> be discontinued and should be taken as directed.</p> <p><u>Hold the medications Bydureon Bcise, Mounjaro, Ozempic, Trulicity, or Wegovy for 7 days prior to your colonoscopy.</u></p> <p><u>Hold the medications Byetta, Rybelsus, Saxenda, or Victoza the day of your colonoscopy.</u></p> <p>Obtain over-the-counter (no prescription needed):</p> <ul style="list-style-type: none"> • Miralax (one 238 g bottle) • magnesium citrate (10-ounce bottle) • Dulcolax (bisacodyl) 5 mg laxative tablets (obtain 4 tablets) • Gatorade (64 ounces) – NO RED or PURPLE Gatorade. <p><i>Buy Simethicone 125 mg tablets over-the-counter. You will need 4 tablets total.</i></p> <p><u>3 DAYS BEFORE:</u></p> <p>Diet: Try to avoid eating seeds, popcorn, and nuts until after your colonoscopy.</p>	<p><u>1 DAY BEFORE:</u></p> <p>Mix MIRALAX in 64 ounces of Gatorade and refrigerate.</p> <p>Diet: START A CLEAR LIQUID DIET - NO solid foods, milk or dairy products, and no juice with pulp.</p> <p>Drink 4-6 (8 oz.) glasses of water or clear liquids through the day. The more you drink, the better your prep will be.</p> <p><u>Acceptable clear liquids:</u></p> <ul style="list-style-type: none"> • Transparent juice (apple, white grape, cranberry, etc.) • Black coffee or tea (no cream) • Broth (without noodles) • Sodas (any kind OK) • Sports drinks • Jell-O • Popsicles • Ensure Clear (peach flavor) • Coconut water <p>AVOID any clear liquids that are RED or PURPLE in color.</p>	<p><u>1 DAY BEFORE (continued):</u></p> <p>10 AM: Drink the 10 oz. bottle of magnesium citrate and then take 2 Dulcolax tablets.</p> <p>2-3 PM: Take the other 2 Dulcolax tablets.</p> <p>4-6 PM: Take 2 Simethicone capsules and then begin drinking 8 oz. of the MIRALAX preparation every 15 minutes until you have finished 48 oz. If you develop nausea, slow down the rate of drinking to 8 oz. of the prep every 30-60 minutes. Keep in mind that using sugar-free menthol hard candies can help make the preparation more tolerable.</p> <p>Refrigerate the remaining solution for the day of the procedure.</p> <p><u>In addition to the prep, continue drinking extra fluids so you don't become dehydrated.</u></p> <p>Responses to preparation vary. Bowel movements will begin 30 minutes to 6 hours after ingesting the preparation.</p> <p>The preparation can cause side effects such as bloating, cramping and nausea.</p>	<p><u>DAY OF PROCEDURE:</u></p> <p>Hold Diabetic medication. Hold Diuretics such as: Lasix (furosemide) and/or Hydrochlorothiazide (HCTZ).</p> <p>5-6 HOURS before leaving home: Take 2 Simethicone capsules and then drink 8 oz. of the remaining MIRALAX preparation every 15 minutes until you finish it.</p> <p><i>If your stool is not a clear or light yellow liquid, call the office as soon as possible.</i></p> <p>You can continue to drink clear liquids up to 3 hours before the arrival time for your colonoscopy appointment.</p>
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