



KANSAS GASTROENTEROLOGY KANSAS ENDOSCOPY



Preparing For Your Colonoscopy

If you are taking blood thinners (examples include: Coumadin, Plavix, Xarelto), please discuss specific instructions with your prescribing physician as soon as possible.

Fourteen Days Before your procedure:

- STOP taking phentermine or other weight loss equivalents.
- GLP-1 Drugs, including Ozempic, Wygovy, Rybelsus, Trulicity, Bydureon, Byetta, Saxenda, Victoza, Adlyxin among others:
GLP-1 injectable - hold injections for 14 days prior to procedure
GLP-1 pills (daily) - hold them for 4 days
- This is irrespective of the indication (type 2 diabetes mellitus or weight loss), dose, or the type of procedure

Five Days Before your procedure:

- STOP taking NSAIDs (examples include: Ibuprofen, Motrin, Advil, Naproxen, Aleve, Excedrin, Meloxicam, Diclofenac, and Mobic).
- STOP taking fish oil, herbal supplements, iron, and multivitamins containing iron.
- Do not eat popcorn
- Hold SGLT2 Inhibitor medication Ertugliflozin (Steglatro) for 4 days

Three Days Before your procedure:

- Avoid nuts, seeds, raw fruits and vegetables with skin or hulls.
- Increase fluid intake.
- Hold SGLT2 Medications (Farxiga, Jardiance, Invokana) for 3 days

Two Days Before your procedure (the day before you prep):

- Do not eat any solid foods after midnight.
- If you haven't already done so, please purchase your prep

The Day Before your procedure (Prep Day):

- Follow your bowel prep instructions (see attached page).
- ONLY drink clear liquids this entire day! (see attached page).
- DO NOT drink or take anything by mouth 6 hours before your procedure time. This includes: Mints, gum, cough drops, hard candy, tobacco products, and marijuana. Failure to do so will cause your procedure to be delayed or canceled. This is for your safety!

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The Day of your procedure:

- You CANNOT drive yourself after the procedure. Sedation given requires you to arrange for transportation home. A responsible adult must accompany you from the procedure, into your home, and remain with you for a reasonable period of time. You are not allowed to take a cab home.
- IF YOU DO NOT HAVE A DRIVER, YOUR PROCEDURE WILL BE CANCELLED.
- Plan on being at endoscopy for up to 3 hours (from admission to dismissal).
- Make arrangements to be off work the entire day of your procedure.
- Bring your rescue inhaler(s) and/or CPAP.
- Take blood pressure medication, heart pills, seizure pills, and prednisone with a sip of water. Don't take diuretics (water pills).
- If you must wear contacts, bring a container to place them in.
- Dentures need removed prior to the procedure. Please do not secure dentures with adhesive.
- Wear comfortable clothing and socks. Leave jewelry and valuables at home.
- Females of childbearing age, without hysterectomy, are required to provide a urine sample for a pregnancy test.

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