

## Preparing to prep for your colonoscopy

### 7 DAYS PRIOR TO PROCEDURE:

**Diet:** Avoid eating nuts and seeds, like popcorn, strawberries, peanuts, etc.

### Medications:

**Blood thinners -**

- **If you are taking Plavix, Coumadin (Warfarin), Lovenox, Xeralto, Eliquis, Brilinta** or any other prescribed blood thinner, it's very important that you notify the nurse for instructions as when to STOP this medication before your procedure.
- **If you are taking 325mg Aspirin**, switch to 81mg Aspirin daily 7 days prior to your procedure and stay on this dose leading up to procedure.
- If you are already taking 81mg Aspirin, do not stop prior to procedure.

**GLP – 1 injections**

**The following medication MUST be stopped 7 days prior to your procedure. If they are not stopped your procedure will be canceled and you will have to reschedule.**

- **GLP-1 injection medications (for diabetes and/or weight loss)**
  - **Ozempic**(semaglutide) - **Wegovy**(semaglutide) –**Trulicity**(dulaglutide)  
**Bydureon**(exenatide) - **Mounjaro**(trizepatide) – **Zepbound**(trizepatide)
- **Weight loss medications:**
  - Adipex (phentermine)

### Obtain your prep:

- Prescription preps will be sent to the **GI ALLIANCE PHARMACY**.  
**DO NOT follow the instructions on the box! Follow the instructions given in this packet only!**
  - Call the pharmacy to verify shipment of your prep (if not received) **682-707-3760**.  
(If you are scheduled within 5 days of the procedure prescription will be sent to your local pharmacy)
- **Over the counter prep** – You will need 2 Dulcolax tablets and one 238 gram bottle of miralax
- **For possible additional prep** – Purchase a 4.1 oz bottle of miralax. (see prep page)

### 1 DAY PRIOR TO YOUR PROCEDURE:

**Diet:** You must be on a clear liquid diet ALL DAY.

- For example: if your test is on Tuesday, do not eat solid food after midnight on Sunday.
- Clear liquids include: water, tea, coffee (no milk/creamer), sodas, chicken or beef broth, fruit juice without pulp, sports drinks, crystal light, slushes, popsicles, and jello.
- **NO red, purple, or milk products! No solid foods!**

### Medications:

- If you are diabetic and take medications, such as insulin and metformin, take ½ of your regular dose of medication the day before your procedure.

**STOP -** GLP-1 ORAL medications (for diabetes and/or weight loss) -

Rybelsus (semaglutide) -Victoza (liraglutide) -Saxenda (liraglutide) -Byetta (exenatide)

Invokana(canagliflozin) -Steglatro(ertugliflozin) –Farxiga(dapagliflozin)-Adlyxin(lixisenatide)

### THE MORNING OF YOUR PROCEDURE

**Diet:** **continue clear liquid diet and NOTHING by mouth 4 hours before your procedure time!**

**Medications:** Blood pressure, heart, seizure, and/or thyroid medications – please take **6 hours** prior to your procedure with a sip of water.