

# **PATIENT INSTRUCTIONS - COLONOSCOPY:**

## **2 WEEKS BEFORE PROCEDURE**

- Discontinue all DIET PILLS and APPETITE SUPPRESSANTS (Phentermine or Phendimetrazine) – please inform staff if you are taking these types of medication. **This is for your safety under anesthesia.**

## **7 DAYS BEFORE PROCEDURE**

- Purchase your Prep from the Pharmacy. Disregard the instructions on the Prep Box, use instructions provided by your doctor's office.
- Discontinue all Oral Iron Supplements. Discontinue use of Glp-1 agonists (including but not limited to: Ozempic, Trulicity, Wegovy, Mounjaro, Zepbound, - all compounded semaglutide and tirzepatide medications)

## **3 DAYS BEFORE PROCEDURE**

- If you are taking Blood Thinners, contact your prescribing provider for instructions.
- Discontinue all Herbal supplements, Vitamins, Anti-inflammatories (Advil, Motrin, Ibuprofen, Aleve). **It is okay to take Tylenol.**
- Avoid all Seeds, Beans, Peas, Corn, Popcorn and Grapes.

## **1 DAY BEFORE PROCEDURE**

### **STEP 1: Start Clear Liquid Diet in the morning and continue until midnight.**

- NO Solid Food, NO Dairy Products, NO Red / Purple Colored Products.
- DIET INCLUDES: White cranberry juice, beef or chicken broth, tea, water, coffee, Gatorades, apple juice, white grape juice, orange juice- no pulp, carbonated beverages, popsicles, hard candies and Jell-O.

### **STEP 2: 1<sup>ST</sup> PORTION OF PREP should be started at 6:00 PM**

\*\*Please refer to your Personalized Prep Instructions provided by your Physician\*\*

## **AFTER MIDNIGHT**

**NO SMOKING, CHEWING TOBACCO, or ANY TOBACCO PRODUCTS.**

**NO gum, mints, candy or cough drops. Only Prep and Water until 4 hours prior to arrival time.**

## **DAY OF PROCEDURE**

You May take your approved prescribed morning medications with small sips of water. (These include blood pressure, cardiac, anti-seizure, & anti-rejection meds). Take these after second prep is done with a sip of water.

### **STEP 3: 2<sup>ND</sup> PORTION OF PREP should be started 6 HOURS PRIOR TO ARRIVAL TIME.**

**Exact arrival times will be given the day before your procedure.** Arrival Time is 30 – 45 minutes before your procedure time and is subject to change within a 4 hour window. Your driver MUST arrive and remain at the center with you.

## **4 HOURS BEFORE ARRIVAL TIME**

**NOTHING BY MOUTH 4 HOURS PRIOR TO YOUR PROCEDURE.**

**THIS INCLUDES WATER, COFFEE, GUM, MINTS, COUGH DROPS, AND NICOTINE!**

**\*\*RISK OF ASPIRATION/DEATH IF NOT FOLLOWED\*\***

## IMPORTANT TIPS:

1. **You MUST have someone to drive you home. Your driver should be prepared to remain in the waiting area or in their vehicle during your procedure.**
2. You may apply Vaseline or Diaper Rash Ointment to the rectal area if you experience discomfort from frequent stools.
3. IF YOU GET NAUSEOUS, or have had a weight loss procedure, you may start the Prep Earlier so that you can drink slower and take frequent breaks. You must drink the entire prep as instructed, regardless of your weight or what your stools look like.
4. If you have problems tolerating the prep, or you are not getting Results, please call (979) 776-4600.

## COMMON CANCELLATION REASONS:

- No Driver (No UBER/ride shares)
- Drinking fluids within 4 hours of procedure time.
- Smoking or using tobacco products the day of procedure.
- Taking Diet Meds within 2 weeks of procedure
- Not following Prep Instructions

## MEDICAL CONDITIONS:

If you are affected by any of the conditions or medications listed below, please follow these Instructions:

DIABETES	<b>ORAL MEDICATIONS:</b> On the day PRIOR to your procedure take your morning doses as usual. Do NOT take your evening dose the day prior to your procedure. Do NOT take your diabetic medications on the morning of your procedure. <b>INSULIN:</b> On the day PRIOR to your procedure take your morning dose of insulin as usual. On the evening prior to your procedure take only half of the regular evening dose of insulin. <b><u>Do NOT take your insulin the morning of your procedure.</u></b> Check your blood sugar frequently while taking the prep solution and the morning of your procedure. If you develop symptoms associated with an abnormally low blood sugar please contact the doctor at (979) 776-4600.
ASPIRIN	If you are taking aspirin PRESCRIBED by your MD, please continue to take it. If you are taking aspirin on your own, please stop taking aspirin 5 days before your procedure.
COUMADIN, PLAVIX, ELIQUIS, XARELTO OR OTHER BLOOD THINNERS	Ask the physician who prescribed your medicine how to take it before and after your procedure. If you cannot contact your physician, call us several days before your procedure.

**If you do not hear from the Facility your procedure is scheduled at, please reach out to them the day before your procedure.**

*Central Texas Endoscopy Center (979) 774-4211*

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**PROCEDURES CANCELLED LESS THAN 72 HOURS IN ADVANCE WILL BE SUBJECT TO A \$200 CANCELLATION FEE.**