***If you are taking any blood thinners like: Plavix (clopidogrel), Coumadin(warfarin), or Pradaxa, please stop taking them <u>5 DAYS PRIOR to procedure.</u>

If you are taking shorter acting blood thinners like: Xarelto or Eliquis please stop taking them **2 DAYS PRIOR TO PROCEDURE.*****

(Colyte, Trilyte or Golytely Prep)

Day Before Your Colonoscopy

The entire day before the procedure have only clear liquids (see list below). Solid food, milk or milk products are not allowed.

**Acceptable clear liquids: (any of the following not colored red or purple)

Apple juice, White grape juice, strained fruit juices without pulp, sports drinks such as Gatorade, Gelatin (Jell-O), Popsicles or ice pops (read the label), clear soda, Tea- unsweetened or diet, Flavored water, sodas. **No broth within 8 hours of procedure. NO MARIJUANA PRODUCTS 48 HOURS PRIOR**

Diabetic Patients:

- Blood Sugar Management:
 - Please check your blood sugar more frequently throughout the day during this 2-day prep. When selecting foods listed on the clear liquid diet, please drink regular juices and sodas. You may consume non-diabetic products the day before procedure. If your blood sugar becomes low during your preparation when you are to be drinking water only, you may drink clear juices to help raise your blood sugar. If you have any concerns regarding your blood sugar, please call our office and speak to one of the nurses. If it is after hours, call the main office number and speak to the physician on call.
- Oral Medications:

STOP TAKING METFORMIN (GLUCOPHAGE) 48 HOURS PRIOR TO PROCEDURE

• Insulin Medications:

Take only ½ the regular PM dose of insulin the evening prior to the procedure. Check your glucose level the morning of your procedure. Hold insulin if level is low, otherwise you may take half the regular insulin in the morning.

MORNING:

• Mix the prep according to instructions. Shake until the powder is mixed and chill in the refrigerator.

BETWEEN 3 AND 6PM – START YOUR PREP: DOSE 1

- Shake the container. Begin drinking the solution. Drink an 8 ounce glass of the solution every 10 15 minutes. It is recommended that you drink the whole glass rapidly rather than sip small amounts. A straw may help.
- Keep drinking the solution every 10-15 minutes **until you drink 3 liters (bottle is 3/4 empty).** Shake the container before pouring each dose. Refrigerate the unused portion.
- Make a conscious effort to drink as much clear liquids as you can before, during and after the preparation.

IMPORTANT: If you experience preparation-related symptoms (for example, nausea, bloating, or cramping), pause or slow the rate of drinking the additional water until your symptoms diminish. Drink additional water.

Day Of Colonoscopy

DOSE 2 – Day of the Colonoscopy

STEP 1:

- •Between 3 and 6 am(12 hours after 1st dose) begin drinking the remainder of the solution (1 liter). Drink an 8 ounce glass of the solution every 10 -15 minutes as directed above. Do not rush. If you need to wait longer between glasses, do so.
- Keep drinking the solution <u>until the bottle is empty</u>. This solution must be completed at least 3 hours prior to your appointment arrival time.

STEP 2:

• You may drink clear liquids until 4 hours before your appointment time.

(After the prep, your stool should be clear to yellow (urine color). If it is not, please call our office. 520-795-3090 If you do not follow these directions, your prep may not be adequate enough for us to complete your procedure, and you may have to reschedule)

IMPORTANT: You must complete all the prep and required water at least 4 hours before colonoscopy.

NOTHING TO DRINK 4 HOURS BEFORE PROCEDURE including gum, candy, mints, cough drops, ice chips, ect....



You must have someone drive you home after your procedure. You will not be allowed to leave by yourself. You will not be able to drive for the remainder of the day.

***A 48-hour (business days) notice is required if you need to cancel or reschedule your appointment, or you will be charged a cancellation fee of 100.00**