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

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

(Prepopik 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 HRS PRIO9R TO YOUR PROCEDURE 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.

BETWEEN 3 AND 6 PM – START YOUR PREP

- Step One Fill the dosing cup provided with cold water up to the lower line on the cup (5 ounces).
- **Step Two** Pour in the contents of <u>ONE</u> (1) packet Stir for 2-3 minutes until dissolved. Drink the entire contents. A straw may help.
- Step Three Follow with <u>FIVE</u> (5) 8 ounce cups of clear liquid, taken at your own pace within the next 5 hours before bed. Your body loses significant amounts of fluid during bowel preparation. To prevent dehydration, it is important to supplement that fluid loss with clear liquids. <u>Make a conscious effort to drink as much as you can before, during and after the preparation.</u>

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

THE DAY OF YOUR PROCEDURE - 5 HOURS BEFORE YOU LEAVE HOME FOR YOUR APPOINTMENT

- Step One Fill the dosing cup provided with cold water up to the lower line on the cup (5 ounces).
- Step Two Pour in the contents of <u>ONE</u> (1) packet Stir for 2-3 minutes until dissolved. Drink the entire contents.
- Follow with at least $\underline{\mathbf{THREE}}$ (3) 8 ounce cups of clear liquid. You may drink clear liquids until 3 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