

FOR A SUCCESSFUL AND SAFE COLONOSCOPY IT IS IMPORTANT TO FOLLOW THESE INSTRUCTIONS:

It is important for you to **DRINK PLENTY OF CLEAR LIQUIDS BEFORE, DURING and AFTER taking GOLYTELY**. This may help prevent kidney damage.

Clear Liquids Include:

- Water
- Fruit juice **WITHOUT** pulp (e.g. apple or white grape)
- Clear broth or bouillon
- Coffee or tea (**WITHOUT** milk, cream or non-dairy creamers)
- Gatorade (NOT **RED**, **GREEN** or **PURPLE**)
- Carbonated or non-carbonated soft drinks/sodas
- Plain Jello (NOT **RED** or **GREEN** and **WITHOUT** added fruits or toppings)

ONE DAY BEFORE COLONOSCOPY (*bowel preparation*)

- **Morning:** You may have clear liquids **ONLY**. You can have as much of the clear liquids as you would like, but **NO SOLID FOOD OR LIQUIDS THAT ARE NOT CLEAR** (see above) until after the procedure is finished the next day.
- **Prepare the GoLyteLy for your Bowel Prep:** Fill the plastic container containing the laxative powder (GoLyteLy) with water, shake well until the powder is dissolved. Place the container in the refrigerator.
- **2:00 p.m.:** Drink one 8-ounce glass of GoLyteLy every 15 minutes until it is gone. Try to drink one full glass at a time instead of sipping. Continue to drink additional clear liquids throughout the day, but do **NOT** eat any solid food.

EVENING BEFORE OR MORNING OF COLONOSCOPY:

- ☐ Your colonoscopy is scheduled to take place in the morning. You may have clear liquids **until MIDNIGHT**. Do **NOT** eat or drink anything after **MIDNIGHT**. You may take medications with a sip of water. Otherwise, you may **NOT** have any fluids or solid foods.

AFTER THE COLONOSCOPY PROCEDURE

You may feel a fullness and gas sensation in your abdomen. This feeling should pass after several hours. If you have any questions, please call our office.

FOR A SUCCESSFUL AND SAFE PROCEDURE IT IS IMPORTANT TO FOLLOW THESE INSTRUCTIONS:**ANTICOAGULANTS/ANTIPLATELETS**

- **STOP** all aspirin seven (7) days prior to the procedure. You may restart these medications the day after your procedure unless your doctor tells you differently. If you are taking Coumadin, Eliquis, Plavix, Xarelto, or any other blood thinner, we will give you specific instructions when to stop and start.

DIABETIC MEDICATIONS

- **Metformin (Glucophage): STOP** Metformin two (2) days prior to the procedure. Restart the day after the procedure.
- **Insulin:** Take ½ the usual dose of insulin the morning of your procedure. Do **NOT** take pills for diabetes on the morning of your procedure.
- **GLP-1 Agonists: STOP** GLP-1 Agonists seven (7) days prior to procedure. You can restart the day after the procedure. These medications include:
 - Semaglutide (Ozempic, Wegovy, Rybelsus)
 - Tirzapeptide (Mounjaro, Zepbound)
 - Dulaglutide (Trulicity)
 - Liraglutide (Victoza)
- **SGLT2 Inhibitors: STOP** according to the list below and restart the day after the procedure:
 - **STOP 3 Days Before:** Bexagliflozin (Brenzavvy), Canagliflozin (Invokana), Canagliflozin + Metformin (Vokanamet), Dapagliflozin (Forxiga, Edistride), Dapagliflozin + Metformin (Ebymect/Xigduo), Dapagliflozin + Saxagliptin (Qtern), Empagliflozin (Jardiance), Empagliflozin + Metformin (Synjardy), Empagliflozin + Metformin (Glyxambi), Empagliflozin + Linagliptin + Metformin (Trijardy XR), Sotagliflozin (Inpefa)
 - **STOP 4 Days Before:** Etugliflozin (Steglatro), Etugliflozin + Metformin (Segluromet), Etugliflozin + Sitagliptin (Steglujan)