



Medications:

- Contact your prescribing provider for instructions regarding your **blood thinning medications**, such as: Aggrenox, Brilinta, Coumadin, Eliquis, Plavix, Pradaxa, and Xarelto, Warfarin etc.
 - **Diabetic Patients:** Contact your prescribing provider for directions regarding your diabetes medications.
- **DO NOT stop taking these medications until directed by your prescribing provider****

One Week Prior:

- Continue taking Aspirin products (including baby aspirin - 81mg) unless directed otherwise by your provider or nursing staff.
- Stop taking anti-inflammatory products such as: Aleve, Excedrin, Ibuprofen, Alk-Seltzer, etc. **Tylenol (Acetaminophen) is allowed if needed**
- Stop taking ALL over the counter supplements and vitamins.
- Stop taking GLP-1 medications (daily, weekly, oral, injectables) **EXCEPT those mixed with insulin** a minimum of **7 days prior to procedure (not including date of procedure)**.
 - Phentermine
 - Ozempic
 - Mounjaro
 - Victoza
 - Bydureon
 - Wegovy
 - Trulicity
 - Saxenda
 - Byetta
 - Others as directed by medical staff

- Avoid eating: seeds, nuts, granola, corn, quinoa, and popcorn.

3-4 Days Prior:

- Stop taking SGLT2 as listed below:

- Jardiance
- Invokana
- Farxiga
- Synjardy
- Steglatro (hold 4 days prior)

You are responsible for contacting your prescribing provider for holding instructions for all other prescription medications.

One Day Before Procedure:

- **CLEAR LIQUIDS ONLY - no solid food**
 - Allowed
 - Clear Fat-Free Broth (any flavor)
 - Tea or Coffee (no creamer or dairy) - sugar/honey are ok
 - Clear juices - apple, white grape
 - Carbonated beverages - Coke, Pepsi, Ginger-Ale, 7UP, Sprite, Ice - flavored water
 - Gatorade or other sports drinks
 - Flavored gelatin (Jello)
 - Popsicles (without milk or fruit pieces)
 - Electrolyte Water - Propel, Smartwater, Fuji Water
 - Clear Ensure - NOT chocolate, strawberry, or vanilla
 - **NOTHING THAT IS RED, BLUE, OR PURPLE****
 - NOT Allowed
 - No dairy products (including oat and soy milk)
 - No alcohol
 - No juices with pulp (orange, pineapple, grapefruit, including lemonade)

It is important that you drink fluids and stay well hydrated prior to your procedure.

****You MUST remain on a clear liquid diet until after your procedure****

- **Medications:**
 - You must stop erectile dysfunction medications 24 hours prior - including Viagra and Cialis

Bowel Prep:

- Follow these instructions - DO NOT FOLLOW INSTRUCTIONS ON THE BOX

Gavilyte Instructions:

For your procedure you will take one half of the prep the afternoon before the procedure, and the other half the day of the procedure.

Make sure to purchase:

- 128 oz of Gatorade (**not red, blue or purple**), Propel or Smart Water
 It must contain electrolytes

Two Days Before Colonoscopy

In the Evening:

- Mix the Gavalte with 128oz (1 gallon) of Gatorade according to the instructions of the bottle.
- Shake and stir well until the powder is dissolved.
- Store the solution in the refrigerator.

One Day Before Colonoscopy

At 5pm: Begin drinking one 8 oz glass of the prep every 10-15 minutes until 1/2 of the container is gone. It is best to keep the solution cold and rapidly drink the whole glass rather than slowly sipping. When you complete the first half of the container, put it back in refrigerator.

Continue to drink a variety of clear liquids ALL DAY.

Day of Colonoscopy

In the Morning: Count back 6 hours from the time you are to arrive and finish drinking the last 1/2 of the container, ONE 8 oz glass every 10-15 minutes, until gone. Be sure to finish **ALL** of the solution.

Please drink additional clear liquids (water, black coffee - without milk or cream), apple juice, soda pop or club soda) until **4 hours of ARRIVAL time**.

Day of Procedure:

- **Stop all nicotine products (including ZYN pouches), stop all vaping, do not chew gum, or have hard candies/mints**
- ONLY CLEAR LIQUIDS- no solid food
 - Water
 - Black coffee (no creamer or dairy products) - sugar/honey are ok
 - Apple juice
 - Clear soda - 7Up, Sprite, club soda

****NOTHING BY MOUTH 4 HOURS PRIOR TO ARRIVAL OR YOUR CASE WILL BE CANCELLED****

You should expect to spend up to 2 1/2 - 3 hours in our procedures unit, longer if you are scheduled to have an additional test done on the same day.

Transportation:

- Driving is not allowed after a procedure with sedation/anesthesia.
- It is required that you identify a driver for transporting you home. If you are unable to identify a driver, please let us know as soon as possible as your procedure may need to be cancelled/rescheduled.

Care at Home:

- For your safety, it is recommended that you have a responsible adult with you for 8-24 hours after a procedure to support you in the case of a complication or medication side effect.

It is the responsibility of the patient to understand if your procedure is covered - including difference between screening and diagnostic. Please contact your insurance carrier for further benefit coverage information.

If you have questions or must reschedule/cancel your procedure, please call **GI - 541-706-4220**. **We request a minimum 72-hour notice for all cancellations and reschedules.**