

<p><u>ONE WEEK BEFORE:</u></p> <p><b>Call the GI procedure unit at (509) 786-6676 if you take diabetes medication, insulin, or have conditions listed below, as we may need to modify your colonoscopy preparation instructions:</b></p> <ul style="list-style-type: none"> <li>• Kidney disease</li> <li>• Diabetes</li> <li>• Artificial heart valve</li> </ul> <p><b><u>Transportation:</u></b> Due to the sedation administered during your colonoscopy, you may not drive or leave the procedure unit without an escort. <b>Taxi cabs are not legal escorts.</b></p> <p><b><u>Stop taking supplements containing oils, such as fish oil, krill oil, etc. for 1 week before your colonoscopy.</u></b></p> <p><b><u>Stop taking iron supplements 1 week before your colonoscopy.</u></b></p>	<p><u>5 DAYS BEFORE:</u></p> <p><b><u>Medications:</u></b> If you take prescription blood thinners or a platelet inhibitor, such as Coumadin (warfarin), Pradaxa, Xarelto, Eliquis, or Plavix, <b>check with your physician</b> for instructions on stopping these medications.</p> <p><b>Aspirin</b> prescribed by a physician <b>should not</b> be discontinued and should be taken as directed.</p> <p><b>Hold the medications <i>Bydureon Bcise, Mounjaro, Ozempic, Trulicity, or Wegovy</i> for 7 days prior to your colonoscopy.</b></p> <p><b>Hold the medications <i>Byetta, Rybelsus, Saxenda, or Victoza</i> the day of your colonoscopy.</b></p> <p><b>Buy Simethicone 125 mg tablets over-the-counter. You will need 4 tablets total.</b></p> <p><u>3 DAYS BEFORE:</u></p> <p><b><u>Diet:</u></b> Try to avoid eating any seeds, popcorn, or nuts until after your colonoscopy.</p>	<p><u>1 DAY BEFORE:</u></p> <p>Prepare the <b>GOLYTELY</b> solution according to the package instructions and refrigerate.</p> <p><b><u>Diet:</u></b> <b>BEGIN A CLEAR LIQUID DIET - NO solid foods, milk or dairy products, and no juice with pulp.</b></p> <p><b><u>Acceptable clear liquids:</u></b></p> <ul style="list-style-type: none"> <li>• Transparent juice (apple, white grape, cranberry, etc.)</li> <li>• Black coffee or tea (no cream)</li> <li>• Broth (without noodles)</li> <li>• Sodas (any kind OK)</li> <li>• Sports drinks</li> <li>• Jell-O</li> <li>• Popsicles</li> <li>• Ensure Clear (peach flavor)</li> <li>• Coconut water</li> </ul> <p><b>AVOID any clear liquids that are RED or PURPLE in color.</b></p> <p><b>Ignore any instructions provided separately with the GOLYTELY prep itself or by the pharmacy.</b></p>	<p><u>1 DAY BEFORE (continued):</u></p> <p><b>Between 4-6 pm,</b> take 2 <b>Simethicone</b> capsules and then start drinking 1 glass (8 oz.) of <b>GOLYTELY</b> every 10-15 minutes until <u>half</u> the bottle has been consumed.</p> <p><b>One hour later,</b> take four 5 mg <b>Bisacodyl</b> laxative tablets with water.</p> <p><b>Refrigerate the remaining solution for the day of the procedure.</b></p> <p><b><u>Drink extra fluids so you don't get dehydrated.</u></b></p> <p>Responses to preparation vary. Bowel movements will begin 30 minutes to 6 hours after ingesting the preparation.</p> <p><b>The preparation can cause side effects such as bloating, cramping, and nausea.</b></p>	<p><u>DAY OF PROCEDURE:</u></p> <p><b>Hold Diabetic medication. Hold Diuretics such as: <i>Lasix (furosemide)</i> and/or <i>Hydrochlorothiazide (HCTZ).</i></b></p> <p><b><u>5-6 HOURS before leaving home:</u></b> Take 2 <b>Simethicone</b> capsules and then drink the remaining <b>GOLYTELY solution</b> until it is finished.</p> <p><b>You can continue to drink clear liquids up to 3 hours before your arrival time for your colonoscopy appointment.</b></p>
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