

<p><u>ONE WEEK BEFORE:</u></p> <p>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:</p> <ul style="list-style-type: none"> <li>• Kidney Disease</li> <li>• Diabetes</li> <li>• Artificial Heart Valve</li> </ul> <p><u>Transportation:</u> Due to sedation administered during your procedure, you may not drive or leave the procedure unit without an escort. <b>Taxis are not legal escorts.</b></p> <p><u>Stop taking any supplements that contain oils, such as fish oil, krill oil, etc. for 1 week prior to your colonoscopy.</u></p> <p><u>Stop taking iron supplements 1 week prior to your colonoscopy.</u></p>	<p><u>5 DAYS BEFORE:</u></p> <p><b>Medications:</b> If you take prescription blood thinners or a platelet inhibitor, such as <i>Coumadin (warfarin), Pradaxa, Xarelto, Eliquis, or Plavix</i>, <b>check with your physician for instructions on stopping these medications.</b></p> <p><b>Aspirin</b> prescribed by a physician <b>should not</b> be stopped 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>Diet:</b> Please try to avoid eating any seeds, popcorn, or nuts until after your colonoscopy.</p>	<p><u>1 DAY BEFORE:</u></p> <p><b>Diet:</b> <b>BEGIN A CLEAR LIQUID DIET - NO solid food, milk or milk products, and no juice with a pulp.</b></p> <p><b>Acceptable clear liquids:</b></p> <ul style="list-style-type: none"> <li>• Clear juice (apple, white grape, white cranberry etc.)</li> <li>• Black coffee or tea (no cream)</li> <li>• Broth (no noodles)</li> <li>• Soda (any kind OK)</li> <li>• Sport 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><u>1 DAY BEFORE (CONTINUED):</u></p> <p><b>Between 4-6 pm</b>, take 2 Simethicone capsules and then drink the <b>first dose of SUFLAVE</b>. Drink 8 oz. of the solution every 15 minutes and then at least 16 oz. of additional clear liquids before going to bed.</p> <p><b>Ignore any instructions provided separately with the SUFLAVE itself or by the pharmacy.</b></p> <p><b>In addition to the prep, continue drinking extra fluids so you don't get dehydrated.</b></p> <p>Responses to the prep vary. Bowel movements will begin 30 minutes to 6 hours after ingesting the preparation.</p> <p><b>The preparation may cause side effects such as bloating, cramping, and nausea.</b></p>	<p><u>DAY OF PROCEDURE:</u></p> <p><b>Hold Diabetic medication</b> <b>Hold Diuretics such as: <i>Lasix (furosemide) and/or Hydrochlorothiazide (HCTZ)</i>.</b></p> <p><b>5-6 HOURS before leaving home:</b> Take 2 Simethicone capsules and then drink <b>SUFLAVE dose #2</b> (8 oz. of the solution every 15 minutes and then at least 16 oz. of additional clear liquids.)</p> <p><b>You may continue to have clear liquids until 3 hours prior to your colonoscopy appointment arrival time.</b></p>
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