

GENERAL INSTRUCTIONS

1. **Bring an adult driver.** Your driver must be 18 years of age or over. They must stay with you until registered and then come back to drive you home following your procedure. You will be given a sedative for your test, and you are not to drive until the next day. Therefore, someone must drive you home. **Your procedure will be rescheduled if you do not have a driver with you when you check-in for your procedure.**
(NOTE: Our lobby and parking lot cannot accommodate drivers to stay onsite – we encourage drivers to leave after registration and return when called.)
2. **If you need to reschedule** your procedure, please call your physician's office at least 3-4 days in advance so that we may schedule another patient in your appointment time.
3. **NOTIFY US IN ADVANCE:**
 - If you are taking a **blood thinner** prescribed by a physician (such as Coumadin, Plavix, Effient, Eliquis or Ticlid, etc.). Your prescribing MD will need to send clearance instructions for these medications. Failure to properly adjust these medications may result in cancellation of your procedure. You may continue to take Aspirin as usual. **(IMPORTANT: Please contact us immediately so we can reschedule testing if necessary.)**
 - If you are having **chest pain or undergoing cardiac testing.**
(IMPORTANT: Please notify us before you begin to prep for your procedure.)
 - If you have ever had **excessive bleeding after an operation or problems with anesthesia.**
 - If there is a possibility you are **pregnant.**
4. **DO NOT:**
 - Take **iron, diet pills** (Phentermine, Adipex or Qsymia) or **herbal medications** for seven (7) days prior to having your procedure. You may take vitamins.
 - Drink **alcohol** for 24 hours before or after your procedure.
 - Use items such as **gum, hard candy, breath mints, smokeless tobacco, or illicit drugs** such as marijuana on the day of your procedure.
5. If you have **dentures**, you may be required to remove them for the procedure.
6. **Leave your valuables at home.** If you have **body piercings**, you will be asked to remove them prior to the procedure for your safety.
7. If you are a **diabetic**, do not take your diabetic medication the day of your procedure. Bring your medication with you so you can take it after your procedure.
8. If you have **asthma**, please bring your inhaler with you.
9. Take your usual **prescribed medications** with no more than two (2) tablespoons / one (1) ounce of water up to three (3) hours prior to your appointment time.

IMPORTANT MEDICATION INFORMATION

***** Hold as Instructed Prior to Procedure *****

The following medications should be held as instructed prior to procedure:

Phentermine: Adipex-P, Qsymia, and Lomaira (Daily) – These medications will need to be stopped seven (7) days prior to your procedure.

GLP-1 Medications

All GLP-1 medications, including those listed below, will need to be stopped seven (7) days prior to your procedure.

- Dulaglutide: Trulicity (weekly)
- Exenatide: Bydureon (weekly) and Byetta (daily)
- Liraglutide: Victoza (weekly) and Saxenda (daily)
- Lixisenatide: Adlyxin and Soliqua (daily)
- Semaglutide: Ozempic (weekly), Wegovy (weekly) and Rybelsus (daily)
- Tirzepatide: Mounjaro (weekly) and Zepbound (weekly)

For any questions or to reschedule your appointment, please call our office at 330-305-2020. We apologize for any inconvenience this may cause.

MiraLAX 2-Day Prep

5-7 DAYS BEFORE THE PROCEDURE – Purchase the following items from the pharmacy prior to your procedure. *****NO PRESCRIPTION NEEDED FOR ANY OF THESE ITEMS.*****

- Sixteen (16) 5mg Dulcolax tablets -OR- four (4) bottles of Magnesium Citrate
- One (1) 238g size bottle of MiraLAX
- One (1) 64oz Bottle of Gatorade, G2, or Powerade **(no red, pink or purple colors)**

3 DAYS BEFORE THE PROCEDURE - AVOID raw fruits and vegetables, whole wheat/multigrain products, beans, nuts, popcorn, and seeds.

TWO DAYS BEFORE THE PROCEDURE - You may only have **clear liquids the entire day** such as water, coffee, tea, broth, sodas, apple juice, Gatorade, Kool-Aid, Jell-O, popsicles, and hard candy. You may not have any solid food. **It is important to drink extra clear liquids before your prep to maintain adequate hydration. Do not drink liquids that are not clear such as milk. Do not drink liquids that are red or purple in color.**

2 DAYS BEFORE THE PROCEDURE

STEP 1 (when you wake up):

- Start a clear liquid diet. No solid foods. Drink at least five (5) glasses of clear liquids each day to stay hydrated.
- Take four (4) – 5mg Dulcolax tablets or one (1) bottle of Magnesium Citrate
- **Make a conscious effort to drink plenty of clear liquids today.**

STEP 2 (4pm):

- Take four (4) – 5mg Dulcolax tablets or one (1) bottle of Magnesium Citrate

DAY BEFORE THE PROCEDURE

STEP 1 (at noon):

- Take four (4) 5mg Dulcolax tablets or one (1) bottle of Magnesium Citrate.
- **Make a conscious effort to drink plenty of clear liquids today.**

STEP 2 (at 2pm):

- Mix the MiraLAX in the 64oz of Gatorade or clear liquid. Mix until all of the powder is dissolved.
- Drink one (1) 8oz glass of the solution every 20 minutes until all the solution is gone. (Be sure to use the entire bottle of MiraLAX to mix into the 64oz of Gatorade or clear liquid.)

STEP 3 (at 5pm):

- Take four (4) 5mg Dulcolax tablets or one (1) bottle of Magnesium Citrate.
- **At midnight, nothing to drink until after the procedure is complete.**

NOTE:

- If you experience nausea - slow down your prep intake and walk around until nausea is relieved.

DIABETIC PREP

MEDICATIONS

- If you take oral medications for your diabetes, do NOT take your diabetes pills on the day prior to your procedure (prep day) or on the day of your procedure (until your procedure is complete and you resume a normal diet).
- If you take non-insulin injectable medications (Byetta, Bydureon, Victoza, Trulicity, Tanzeum, Symlin), do not take the medication if your injection day is the day prior to your procedure (prep day). You can resume it after the procedure is complete.
- If you take insulin, reduce your dose by 50% (half) of your normal dose on the day prior to your procedure and the day of your procedure. You can resume your normal dose after the procedure when you resume a normal diet.
- If you use an insulin pump, contact your diabetes doctor for instruction. Generally, most patients will need to reduce their basal rate to 80% of the normal rate.

DIET

- You should aim for 45-60 grams of carbs with each meal. Although you may ordinarily avoid sugars, they are ok to take when you are prepping for your colonoscopy as these will be the main source of calories when you are on a clear liquid diet.
- For snacks, try to include other fluids that contain electrolytes such as broth.
- Examples of clear liquids with carb amounts are listed below. Note, if you experience low blood sugar (<60) during the 2 hours before your procedure, you can take 3 teaspoons of soda or clear juice to raise your sugar. Do NOT take solid foods or non-clear liquids, as your procedure will be cancelled.

FLUID	AMOUNT	CARBS
Juice	½ cup	15g
Jell-O	½ cup	15g
Soda	1 can	40g
Popsicle	1 double stick	15g
Gatorade / Powerade	½ cup	15g
Broth (veg/chicken/beef)	Any	0g
Clear Protein Drinks	Any	0g