

Extended Colonoscopy Prep

On receipt of the instructions:

1. Read ALL of the instructions!
2. If you are on a blood thinner or are diabetic, contact your primary provider about how this may change your prep, or contact the clinic for more individualized instruction.

7 Days Before the Procedure

- **PICK UP YOUR PREP**

Pick up any prescriptions, including Zofran or anti-nausea and/or over the counter products for your prep. If a prescription for prep was electronically sent, follow the directions provided with the prescription. Put the Golytely® or Colyte® or Nulytely® in the fridge. Chilling it may make it easier to drink.

Colonoscopy Prep Materials:

64 ounces of Gatorade: Regular Gatorade, Gatorade G2, Powerade, Powerade Zero, or Pedialyte are acceptable. It is okay to buy 2 -12-ounce packets of powdered Gatorade that can be mixed with water to a total volume of **64 ounces** of liquid. No red- or purple-colored flavors.

One gallon of Golytely® or Colyte® or Nulytely®

One 8.3 Ounce bottle of Miralax

Four Bisacodyl tablets (Dulcolax laxative NOT Dulcolax stool softeners or suppositories.)

- Avoid eating foods with small seeds and nuts for the week before your procedure. Some examples of small seeds are: flaxseed, strawberries, popcorn, watermelon, kiwi, fennel, sunflower seeds, poppy seeds.

- **MEDICATIONS TO STOP**

If you take one of the medications listed below you **MUST** stop taking it seven (7) day prior to your procedure. If it is not stopped there is potential for it to cause complications with anesthesia.

- Phentermine
- GLP-1 agonists
- Dulaglutide (Trulicity®)
- Exenatide (Byetta®)
- Exenatide extended release (Bydureon®)
- Liraglutide (Victoza®)
- Lixisenatide (Adlyxin®)
- Semaglutide injection (Ozempic®) (Wegovy)
- Semaglutide tablets (Rybelsus®) (Wegovy)

Once weekly injections: Patients on a once weekly GLP-1 agonist medication must hold these seven days prior to their scheduled colonoscopy.

Daily injections: Patients on a daily GLP-1 agonist medication must hold these for one day prior to their scheduled colonoscopy.

YOUR PROCEDURE MAY BE CANCELED, or the availability and type of sedation may change upon arrival for your procedure if you do not do so.

5 Days Before the Procedure

- **MEDICATIONS TO STOP**

If you take **any blood thinners** – you **MUST** contact the prescribing physician regarding instructions for stopping these medications before your procedure.

- Plavix (Clopidogrel)
- Coumadin/Warfarin
- All Vitamins and Herbal Supplements

- **Patient with Diabetes**

If you have diabetes, ask your regular doctor at least five days before the procedure for diet and medication restrictions to prescribed colonoscopy prep.

3 Days Before the Procedure

- **START A LOW FIBER DIET 3 DAYS BEFORE YOUR PROCEDURE** A low fiber diet helps make the colon cleansing more effective. For suggestions on what to eat, go to <https://colonrectal.org/wp-content/uploads/2024/03/low-fiber-diet-recommendations-.pdf>

2 Days Before the Procedure

- **In the morning: STOP SOLID FOODS**

Only drink clear liquids the ENTIRE day before your procedure. Clear liquids include things you can see through. DO NOT eat any solid foods. Examples of Clear liquids (no red or purple colors): water and tea, clear broth/bouillon, Gatorade or Powerade; non-cola soft drinks; Sprite, 7-Up, Ginger ale, fruit juice without pulp, Jell-O, and popsicle. Drink at least 8 glasses of water throughout the day.

- **START YOUR PREP**

- **At noon:** take four Bisacodyl tablets, by mouth, with water.
- **At 4:00 PM:** Prepare the Miralax/Gatorade solution: in a pitcher mix the 8.3 ounces of Miralax with the 64 ounces of Gatorade. Stir/shake the contents until it is dissolved. Drink all the Miralax/Gatorade mixture. Drink one 8-ounce glass every 10-15 minutes.
 - Consider taking anti-nausea medications before you take your prep.

- **MEDICATIONS TO STOP**

If you take blood thinning medication (like the below) and have not spoken to your prescribing physician about stopping them, your procedure may be cancelled. Please contact your prescribing physician as soon as possible.

- Arixtra®/Fondaparinux
 - Pradaxa®/Dabigatran (stop earlier if renal disease)
 - Xarelto®/Rivaroxaban (stop earlier if renal disease)
- Drink at least 8 glasses of water throughout the day

1 Day Before the Procedure

- **Continue clear liquid diet.** Mix Golytely, Colyte, or Nulytly as instructed on the package and refrigerate.
- **At 4:00 PM:** Drink one (1) gallon of Golytely or Colyte or Nulytly. Drink one 8-ounce glass every 10-15 minutes until the mixture is gone.
- **MEDICATIONS TO STOP**
 - Savaysa®/Edoxaban (stop earlier if renal disease)
 - Lovenox®/Enoxaparin
 - Eliquis®/Apixaban (stop earlier if renal disease)

Day Of Procedure:

3 hours prior to your procedure

- **STOP DRINKING ALL LIQUIDS**
- Do not take anything by mouth during this time. It is ok to take your regular morning medications with a sip of water.

TIPS

- Drink adequate amounts of fluid before and after your preparation to prevent dehydration.
- Stay near a bathroom because you will have diarrhea and may need to use the toilet frequently.
- Apply A&D ointment or Vaseline to the anus to prevent irritation if needed.

After Hours Support

If you have an urgent need that is unable to wait for assistance during our office hours, please call 952-995-8760 for the “on call” physician to assist you.

Reschedule, Cancel or Have Questions

If you need to reschedule, cancel, or have questions about your procedure please contact us during the office hours of 8:30 AM – 5:00 PM Monday – Friday.

BURNSVILLE CLINIC | 651-312-1700

COON RAPIDS CLINIC | 651-312-1717

EDINA CLINIC | 651-312-1700

MAPLEWOOD CLINIC | 651-312-1620

ST PAUL CLINIC | 651-312-1620