



Preparing for Your Colonoscopy

Prescription sent to pharmacy

Your colonoscopy has been scheduled. As you get closer to the date of your procedure, you will need to follow the preparation instructions carefully. In some cases, preparation begins seven days before your procedure. Please reach out to your physician if you have any questions or need to adjust your medication.

Appointment: Date: Time: Arrival time at hospital:

Location: Sturdy Memorial Hospital
211 Park Street, Attleboro, MA
Main Entrance
Endoscopy Unit: 508-236-7420

Please note: We will not reschedule your appointment after 3 cancellations. Please cancel at least 3 business days before procedure.

If you need to cancel or reschedule, call Sturdy Health Gastroenterology at 508-222-2021.

You must have someone to drive you home after the procedure. You will not be allowed to walk, use a ride service, taxis, bus or any other ride service or public transportation without a friend or family member with you. This is for your safety because you will be sedated with medication that may make you confused or forgetful. NO exceptions will be made.

7 Days Before Your Procedure:

STOP: Any weight loss medications such as GLP-1 Agonist: Trulicity (dulaglutide), Semaglutide (Wegovy/Ozempic), Exenatide-ER (Bydureon bcise), Lixsenatide dlyxin), Tirzepatide (Mounjaro)

6 Days Before Your Procedure:

STOP: Diet suppressants such as Adipex/Suprenza/Lomaira (Phentermine), Qsymia (phentermine/topiramate)

5 Days Before Your Procedure:

STOP: Warfarin, Clopidogrel (Plavix), Prasugrel (Effient), Ticagrelor (Brilinta), any other anticoagulant medication

4 Days Before Your Procedure:

STOP: Steglatro (ertugliflozin)

3 Days Before Your Procedure:

STOP: Jardiance (empagliflozin), Invokana (canagliflozin), Farxiga (dapagliflozin)

2 Days Before Your Procedure:

STOP: Apixaban (Eliquis), Rivaroxaban (Xarelto)

24 Hours Before Your Procedure:

STOP: GLP-1 such as: Byetta (Exenatide IR), Adlyxin (Lixinatide), Rybelsus (semaglutide), Victoza, Saxenda (Liraglutide)

Metformin ER (Glucophage XR, Glumetza, Fortamet), Entresto (sacubitril/valsartan)

No cannabis or illicit drugs within 24 hours of procedure. This includes gummies and vaping.



MAKE SURE YOU CONFIRM THE STOPPING OF THESE MEDICATIONS WITH THE PRESCRIBING PROVIDER (usually the cardiologist).

The Day Before Your Procedure:

You may have a light breakfast before 10 a.m. This includes an egg and toast or yogurt with coffee/tea

Starting at 10 a.m.: •DO NOT eat Solid Food

WHAT YOU CAN HAVE: Clear liquid diet

- Black coffee or tea (may have sugar/sugar substitute)
- Lemonade-no pulp
- Juice: apple, white grape, white cranberry
- Gelatin (Jell-O)
- Gatorade/Powerade
- Popsicle/Ice pops (no fruit)
- Clear soft drinks
- Low fat chicken, beef or vegetable broth (No bone broth)

Remember: No RED or PURPLE colored fluids. No drinks with "Frost or Glacier" in the name. Do not drink ALCOHOL, dairy products such as cream or milk or non-dairy/alternative milk products.

Diabetics:

Reduce your oral diabetic medication and/or insulin by half the dose for today. Consider doing 2 days of clear liquids before your test.

• 5 p.m.:

• Drink Preparation:

Drink bowel preparation: mix according to package instructions.

You will drink the first dose now, followed by water per the package instructions.

OR

• Pill Preparation:

Take the required first dose of medication (Subtabs is 12 pills), followed by water per package instructions.

The bowel preparation will make you have diarrhea. Stay close to the bathroom. Suggest using baby wipes and soft toilet tissue to avoid irritation.

The Day of Your Procedure:

At _____ take the second dose of your bowel preparation according to package insert. This needs to be completed 3 hours before your procedure time.

Important: Taking the bowel preparation as instructed will make it easier for the GI doctor to visualize your colon.

Clear liquids may be continued up until 3 hours before your colonoscopy procedure.

**Medications:**

Blood pressure: Take before 6 a.m. with a sip of water

Diabetic oral medications: DO NOT TAKE

Diabetic insulin:

Long acting: take half (1/2) of the dose

Short acting: DO NOT TAKE, unless your blood sugars are excessively high

Blood sugar/glucose testing:

Take your blood sugar in the morning

If you feel lightheaded, you may sip on clear liquid juice such as apple juice

What to bring with you to the hospital:

- License/ID card
- Insurance card(s)
- Advanced Directives (if not already on file)
- If you have an implantable stimulator (nerve, bladder, brain, other) please bring the device to shut it off
- List of current medications including over the counter medications
- Inhalers

What not to bring:

- Jewelry (wedding band is okay)
- Other valuables

Tips for successful bowel preparation:

Start eating smaller meals a few days before procedure. Incorporate more soups, smoothies and pasta.

Avoid foods that are more difficult to digest such as nuts, fruits with seeds or skins, popcorn, red meat, corn and fried foods.

Same day surgery copays are due at time of service. If you did not pay through the automated appointment reminder, Notable, please be sure to bring your insurance card and a form of payment on the day of service. Your payment will be collected upon checking in for your procedure.