

## GENERAL INSTRUCTIONS

1. **Bring an adult driver.** Your driver must be 18 years of age or over and they must stay in the Endoscopy Center. You will be given a sedative for your test, and you are not to drive until the next day. Therefore, one person must stay and drive you home. Your procedure will be rescheduled if your driver cannot stay in the Center.
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). Your gastroenterologist will need to determine if these medication dosages require adjustment prior to the procedure. Failure to properly adjust these medications may result in cancellation of your procedure. You may continue to take Aspirin as usual.
  - 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 if you are on a weekly dose or the day of your procedure if you are on a daily dose.

- 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 901-747-3630. We apologize for any inconvenience this may cause.

Please call us at 901-747-3630 if you have any questions or if you are having difficulty with the preparation. We are available 24 hours a day, 7 days a week.

## CLEAR LIQUID DIET

### DAY BEFORE PROCEDURE

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.**

- The day before your procedure, you must stay on a **Clear Liquid Diet**.
  - **Clear Liquid Diet** includes all liquids you can see through, including the following:  
*\*IMPORTANT NOTE\* Do not consume any red-, pink-, or purple-colored liquids or foods.*
    - Water
    - Coffee & Tea (no dairy or cream)
    - Fruit Juice without Pulp (apple, white grape, white cranberry, peach)
    - Gatorade, G2, Powerade
    - Crystal Light
    - Broth (chicken, beef, or vegetable)
    - Jell-O (gelatin)
    - Sodas (Sprite, Ginger Ale, Coke, Diet Coke, etc.)
    - Juice Popsicles without Fruit or Pulp
    - Honey
    - Syrup
- **DO NOT** consume the following:
  - Milk / Cream Products
  - Orange Juice
  - Prune Juice
  - Red-Colored Liquids
  - Pink-Colored Liquids
  - Purple-Colored Liquids
  - Alcoholic Beverages
  - Yogurt
  - Pudding
  - Ice Cream
- Drink 6-8 ounces of clear liquid every hour throughout the day to stay hydrated.
- **Nothing by mouth four (4) hours prior to procedure, including gum, mints, candy, or water.**
- **Do not use any recreational drugs or alcohol for 24 hours prior to your procedure.**

### Suprep Prep

**5 - 7 DAYS BEFORE THE PROCEDURE** - Have your prescription filled. Please follow the prep instructions listed below, not the instructions on the prep box.

**5 DAYS BEFORE THE PROCEDURE** - If you routinely have less than 2 bowel movements per week then you will also need to purchase an 8.3 oz bottle of Miralax. Begin taking a dose of Miralax twice a day **5 days prior** to your procedure. Take the last dose of Miralax in the morning **the day before** your procedure.

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

**THE DAY 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.

#### THE DAY BEFORE THE PROCEDURE - BETWEEN 3 AND 6 PM - START YOUR PREP

##### STEP 1:

- Pour one (1) 6 ounce bottle of Suprep liquid into the mixing container. Add cool drinking water to the 16 ounce line on the container and mix.
- Drink the entire contents. A straw may help.

##### STEP 2:

- Follow with at least FIVE (5) 8 ounce cups of clear liquid over the next two (2) hours.
- **Make a conscious effort to drink as much clear liquids as you can before, during and after the preparation.**



##### NOTE:

- If you experience nausea - slow down your prep intake and walk around until nausea is relieved.
- Use baby wipes and/or Balneol cleansing cream or lotion during the prep to reduce irritation.

#### THE DAY OF THE PROCEDURE - 4 HOURS BEFORE YOU LEAVE HOME FOR YOUR APPOINTMENT

##### STEP 1:

- Pour one (1) 6 ounce bottle of Suprep liquid into the mixing container. Add cool drinking water to the 16 ounce line on the container and mix.
- Drink the entire contents. A straw may help.

##### STEP 2:

- Follow with at least four (4) 8 ounce cups of clear liquid over the next hour. You may drink clear liquids up to 3 hours prior to your appointment arrival time.
- You may take your prescription medications (except those listed in the booklet) with water up to 3 hours before your appointment arrival time.
- Do not use smokeless tobacco on the day of your procedure. Starting 3 hours before your appointment arrival time **absolutely nothing by mouth, including gum, hard candy and breath mints.**

Please call us at 901-747-3630 if you have any questions or if you are having difficulty with the preparation. We are available 24 hours a day, 7 days a week.

## 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	15 g
Jello	½ cup	15 g
Soda	1 can	40 g
Popsicle	1 double stick	15 g
Gatorade/Powerade	½ cup	15 g
Broth (veg/chicken/beef)	any	0 g
Clear protein drinks	any	0 g