

3-3-3 Colonoscopy Prep Instructions:

CRITICAL: Please follow these instructions carefully to ensure a clean colon.

If the colon is not cleaned out completely, we may not be able to achieve an adequate exam.

7 Days BEFORE Procedure

If you are taking Ozempic®, Semaglutide, Mounjaro®, Wegovy®, Rybelsus®, Trulicity®, Victoza® or similar generic medications for diabetes or weight reduction you will need to stop these at least 7 days prior to your procedure. This should be done under the direction of your prescribing physician. For your safety, your procedure will be rescheduled if these are taken within 7 days of your procedure.

PURCHASE:

- 3 small (4.1 oz/7 servings each) bottles of MiraLAX® (or generic equivalent such as ClearLax®)
- 3 - 32 oz bottles of yellow or white flavored Gatorade® or similar sports drink - regular or sugar-free
- 3 bisacodyl tablets (such as Dulcolax®)

The Day BEFORE Your Procedure:

NOTICE: OUR OFFICE MAY CALL THE DAY PRIOR TO ADJUST YOUR ARRIVAL TIME AS WE FINALIZE THE CENTER'S SCHEDULE.

- Mix 1 full bottle of MiraLAX (4.1ozs/7 servings) into each 32 oz bottle of Gatorade and refrigerate.
- Stop fiber supplements such as Metamucil®.
- **DO NOT EAT ANY FOOD.** You will be on clear liquids this entire day. Clear liquids include black coffee, tea, water, sports drinks, soda pop, chicken broth, popsicles, etc. **NOTHING RED OR PURPLE.** You are encouraged to drink lots of clear liquids this whole day.
- **By 3pm** take the 3 Dulcolax tablets.
- **Between 4-5pm** begin drinking one 32 oz bottle of Gatorade/MiraLAX prep over the next two hours.
- **At 7:00pm** begin drinking the second bottle of Gatorade/MiraLAX prep.
- Continue drinking clear liquids/broth throughout the evening.
- Most people will start passing multiple stools that are increasingly liquid within 6 hours of starting the prep. If you become nauseated, pause drinking the prep and resume when you feel better.
- A soothing ointment (Desitin or Vaseline) applied to the anal area may prevent skin irritation.

Procedure Day:

- **4 hours prior to your arrival time** drink the third bottle of Gatorade/MiraLAX over a 2 hour period. This provides a final rinse of the colon, which is critical for good results.
- **NOTHING BY MOUTH for 2 hours before your procedure - this includes water, mints or gum.** Your stomach must be empty for us to safely administer anesthesia. *Read the reverse side of this sheet for information about taking your regular medications.*
- Bowel movements should look like yellow/clear water by 2 hours prior to your procedure. If you are not passing clear stool 2 hours prior to your arrival time, please call our nurses at 801-619-1115.

THIS IS A SEDATED PROCEDURE. A RESPONSIBLE DRIVER MUST REMAIN IN THE FACILITY THROUGHOUT YOUR APPOINTMENT. (90-120 minutes total). NO EXCEPTIONS.

IMPORTANT INFORMATION

Please call us with any questions at 801-619-1115

MEDICATIONS

- **Except as noted below, take your regularly prescribed medications with small sips of water at least two (2) hours before you arrive.** Read below for information about blood thinners or diabetic/weight loss medications.

DIABETICS - INSULIN or ORAL MEDS

- **Please contact your prescribing physician** for diabetic care if you have any questions regarding your oral medication or insulin dosages.
- Test your blood sugar before coming in for your procedure and bring the reading with you.

DIABETICS/ WEIGHT LOSS PATIENTS - Semaglutide, GLP-1 Receptor Agonists

- **Do not take oral diabetic medication or insulin the day of your procedure.**
- **If you take any of these medications for diabetes or weight loss,** talk to your prescribing doctor for instructions to safely **STOP the medication at least 7 days prior to your procedure.**
- Examples: Ozempic®, Rybelsus®, Mounjaro®, Wegovy®, Trulicity®, Victoza® or similar compounded or generic medication.
- Monitor your blood sugar levels while off the medication. Adjust insulin accordingly.

BLOOD THINNERS

- **If you are taking prescription blood thinners, call the prescribing physician** and ask if you may stop taking the medication for the required amount of time prior to your procedure.
- You may continue taking ibuprofen, aspirin and other anti-inflammatory medications until the day before your procedure. **DO NOT** take them the day OF your procedure.

BRING WITH YOU

- **Leave valuables and phone/devices at home or with your driver**
- **Photo ID and Insurance Card**
- **Your inhaler,** if you use one
- **Your insulin,** if you use it
- **List of all medications,** vitamins and supplements you are taking (include dosage and last date and time each medication was taken before your arrival)
- Wear a short-sleeved shirt