

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 or 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®)

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

The Day BEFORE Your Procedure:

- Mix 1 full bottle of MiraLAX (4.1oz or 7 servings) into each 32 oz bottle of Gatorade and refrigerate.
- Stop fibersupplementssuchasMetamucil®.
- **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. **Please contact your prescribing physician** for diabetic care if you have any questions regarding your oral medication or insulin dosages.

DIABETICS - INSULIN or ORAL MEDS

- 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. Please be sure to have a **signed clearance letter** sent to our office or bring one with you for your chart.
- You may continue taking ibuprofen, aspirin & other anti-inflammatory medications until the day before your procedure. **DO NOT** take them the day OF your procedure.

*****These are general guidelines. Your plan may differ based on the medication you're taking and your medical history.*****

- Eliquis (apixaban), Xarelto (rivaroxaban), Pradaxa (dabigatran): Usually held 2–3 days before procedure.
- Warfarin (Coumadin): Usually held 5 days before procedure; some patients may need bridging.
- Plavix (clopidogrel), Brilinta, Effient: Usually held 5–7 days before 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