

COLONOSCOPY PREPARATION GENERAL INSTRUCTIONS



You must arrive 1 hour before your scheduled time.

You *cannot* drive yourself home from the procedure. You must bring a responsible **adult - 18 years or older**, with you to drive you home and sign discharge paperwork. Taxi, bus, Uber, Lyft, or any rideshare service cannot be used as transportation.

Instructions:

Diet:

1. **For the full day prior to your procedure, you can only eat clear liquids.** You cannot eat solid food or soft foods. Clear liquid foods include Gatorade, Powerade, clear broth, Jello, popsicles, clear fruit juices, coffee, tea, and clear Ensure.
2. **Do not eat, drink, or put any substance in your mouth for 4 hours prior to your procedure.** This includes chewing gum, hard candy, and tobacco products. You must complete the last dose of your bowel preparation 4 hours before your procedure.
3. **You should not eat nuts or seeds for 1 week prior to your procedure.**
4. **Eat a low-fiber diet for 1 week prior to your procedure.**
5. **Stop iron supplements 1 week prior to your procedure.**

Medications:

1. You may take your usual medications with a sip of water 4 hours prior to the procedure unless instructed not to take a medication.
2. You may continue to take aspirin and anti-inflammatory medications such as Aleve, Advil, Motrin, ibuprofen, and naproxen.
3. **You must stop taking any injectable GLP-1 medications used to treat diabetes and weight loss one week prior to your procedure.** These include Trulicity, Byetta, Ozempic, Mounjaro, Victoza, and lixisenatide.
4. If you are on diabetic medications, please contact your prescribing physicians for dosing changes since you will be on a clear liquid diet and will not be eating for 12 hours prior to your procedure.
5. Please contact the office to be advised on **stopping your blood thinners** prior to your procedure. Our number is (330) 926-3313.

Activity:

1. You cannot work the entire day of the procedure. You may return to work the following day.
2. You cannot drive a car, operate machinery including lawn equipment, sign legal documents, or engage in any activity that requires mental alertness and good judgment for the entire day after your procedure.