

Colonoscopy Prep Instructions

Please note: failure to follow instructions in their entirety may result in cancellation of your procedure

On _____, report to the location marked below. You will receive a message 2-5 days before your procedure titled "Procedure Reminder" in the message section of the MyChart application. Read the entire message. This will provide you with your arrival time. If you do not have MyChart you will be called. For any questions please call 203-481-0315 and leave a message. We will return your call.

() DDA Endoscopy Center, 687 Main St, Branford () Milford Hospital Endoscopy, 300 Seaside Ave, Milford
() St. Raphaels Hospital Endoscopy Center, 1450 Chapel Street, New Haven

1 Day prior to your procedure: You may consume a **low fiber diet*** for breakfast and lunch. Avoid fatty foods, whole grains, fiber - NO nuts, seeds, corn, raw vegetables, fruits or popcorn. Eat solids that are white and light, e.g. white toast and egg or a small bowl of plain white pasta. Two cups of coffee without milk are allowed.

After 12pm, only consume clear liquids. Examples of clear liquids include chicken broth, apple juice, Sprite, ginger ale, tea, white grape juice, jello, italian ice (please NO RED liquids). Stay hydrated.

Evening prior to your procedure: follow prep instructions from our office

Day of your procedure: sips of water only, nothing by mouth within four hours of your arrival time

***Patients on GLP-1RA** - If you are on a Glucagon-like peptide-1 receptor agonist (Trulicity, Ozempic, Wegovy, Mounjaro, Zepbound, Victoza, Saxenda, Byetta) **you can ONLY have clear liquids the day before your procedure**

- The procedure is performed with IV sedation so you cannot drive the entire day of your procedure
- You can expect to be here for 2 hours from your arrival time, please tell your ride to be back by that time
- Public transportation is not adequate (no taxi, bus, Uber, train, etc.) and someone must accompany you to and from your procedure. If you are unsteady on your feet, someone needs to stay with you at drop off
- Do not wear perfume, cologne, or any lotions the day of your procedure. Avoid jewelry if possible.
- If your other doctors are planning any cardiac or neurologic tests (e.g. stress test, ultrasound, Holter, MRI) these should be completed before our procedure with results of these tests documented in your chart
- If you've had any major health events (e.g. surgery, COVID) in the past 6 weeks please notify our office

Obtaining Your Bowel Preparation

- Your bowel prep has been sent electronically to your local pharmacy. We recommend you pick it up as soon as it is available; do not wait until the day before. Please call us with any issues in obtaining it. The prep instructions we give you, attached to this document, are different from the instructions in the prep box. Please follow our instructions, which can also be found at our website: DDAofCT.com

Adjusting Your Medications

- **Baby Aspirin** (81mg): OK to continue taking, including the day of your procedure
- **Blood thinners** (e.g. Coumadin, Xarelto, Eliquis, Pradaxa, Plavix): Please provide our office the name of the provider who prescribes your medication. Our office will call them to ask how many days it should be held prior to the procedure. If the medication is not held prior to your procedure it may be cancelled.
- **Diabetes:** Please consult with your endocrinologist or PCP on how to adjust your insulin in advance of your procedure. If you take oral medication (e.g. Metformin, Actos, Glipizide, Rybelsus), it is common to hold these medications the day before and day of your procedure.
- **SGLT-2 Inhibitors:** This class of diabetes medications includes Farxiga (dapagliflozin), Jardiance (empagliflozin), Invokana (canagliflozin), Brenzavvy (bexagliflozin), Stelagro (ertugliflozin), Inpefa (sotagliflozin) and must be held 3 days prior to your procedure.
- **Weight Loss - Phentermine should be held for 4 days prior to your procedure**
- **Asthma:** If you use an inhaler, please bring it with you.
- **Do NOT stop taking your heart, blood pressure, anxiety, or seizure medications.** On the morning of your procedure, you can take your medications with a sip of water at least 4 hours before your arrival time.

Colonoscopy Preparation: Frequently Asked Questions

Please refer to the Colonoscopy Prep Instructions on the previous page for more detailed information on the dietary and medication changes needed in the days preceding your procedure. Below are answers to common questions about the preparation the night before your colonoscopy.

What if I feel nauseous while taking the prep?

1. **Slow Down:** Take a break for 30 minutes, then resume the prep solution more slowly (e.g., sip it through a straw).
2. **Chill It:** Make sure the prep solution is chilled.
3. **Anti-nausea medication:** if a pharmacy is open, an anti-nausea medication can be prescribed by your provider to help prevent nausea. Over the counter nausea medications may also help.

What if I have already vomited the prep?

By the end of the prep, your bowel movements should be clear or a light yellow color, like urine. If you vomited the prep but your stool is already clear, you may not need additional bowel prep. However, buying over counter bowel prep may help replace any prep that may have been lost. If a pharmacy is currently open, you can purchase:

1. Dulcolax® laxative tablets containing 5mg of bisacodyl each
2. Six capfuls of MiraLAX® (100 grams, half a standard bottle) or generic equivalent.
 - For each dose of missed prep, you can mix the miralax with 32 ounces of any clear liquid, then take two of the laxative tablets.

What should I do if the prep doesn't seem to be working?

The prep usually starts working within a few hours of the first dose, although for some patients the effect may not be seen until after the second dose. If after completing the second dose of bowel prep your stool is still brown:

1. **Ensure you are following the schedule precisely.** Most preps require additional clear liquids after the prep itself which is critical to it working properly.
2. **Increase Clear Liquids:** Drink an extra glass or two of clear liquids.
3. **Try a laxative:** If despite performing all of the above you still have brown stool, you can try the additional over-the-counter laxative plan detailed above.
4. **Call the Office:** If there is no result despite the above, please call during office hours, 7AM-5PM. The overnight provider may help troubleshoot specific issues but will not be able to reschedule or cancel your procedure.

What is the latest I can drink anything?

You must finish all prep and clear liquids at least 4 hours before your scheduled arrival time. **NOTHING** can be consumed 4 hours before arrival as it is critical for safe sedation.

When do I arrive for my procedure?

Although you have been given a date for the procedure, you may not have been given an arrival time. This is typically sent a few days before the procedure via MyChart. If you do not read the MyChart message, you'll receive a call from our office with your arrival time. If you have not been contacted within 24 hours of your procedure please call our office.