

Digestive Disease Associates

170 Amendment Ave.

Rock Hill, SC 29732 803-324-7607

www.digestivediseaseassociates.com

Four Liter Colonoscopy Prep:

The day prior to your colonoscopy, you will need to maintain a clear liquid diet. This includes items such as water, tea, apple or white grape juice, clear sodas, clear broth, jello (not red or purple). Avoid milk products. Avoid any solid food.

The morning before your colonoscopy,

Shake well to mix flavor pack with the powder in the bottle. Add water up to the fill line. Shake well until powder is dissolved. Add nothing else to the solution. Refrigerate until ready to drink.

The evening before your colonoscopy, start drinking the solution between 4 and 6 pm. Drink an eight-ounce glass every 10 minutes. Keep drinking until half the solution is gone. Please try to complete this part of the prep over 2 hours. Bowel movements should begin about a half hour to an hour after your first glass. Feelings of bloating and nausea are common after the first few glasses. They should subside when you start having bowel movements. If needed due to nausea, you may take a 30-minute break, then start again till the first half of the solution is gone. Refrigerate the remaining solution.

5 hours to your procedure, start drinking an eight-ounce glass every 10 minutes until the remaining solution is gone. It is very important you complete this part of the prep in two hours.

Do not drink anything else prior to your procedure. NOTHING BY MOUTH FOR 3 HOURS PRIOR TO PROCEDURE.** FAILURE TO FOLLOW ABOVE INSTRUCTIONS WILL RESULT IN CANCELING THE PROCEDURE.**

TIPS: Chill it. Try chilling the glass too. Drink the whole glass quickly, do not sip. Rinse your mouth with cool water between glasses. Drink the solution with a straw. Place some light reading material in the bathroom. Make sure you use soft toilet tissue or pre-moistened bathroom wipes to prevent soreness. **Failure to follow instructions will result in cancelation of your procedure.**

DIGESTIVE DISEASE ASSOCIATES

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General Instructions for All Endoscopy Procedures

If you have any questions, please contact our office at 803-324-7607 and ask for **Procedure Scheduling**. Also, you may visit our website listed above.

You must have a driver for all testing-family member/friend/neighbor-NO TRANSPORTATION SERVICES.

Diabetics and Weight Loss Patients: Please follow the instructions below for your procedure:

****Please follow the instructions below if you take these medications**

<u>Generic name</u>	<u>Brand name</u>	<u>Instructions</u>
Dulaglutide	Trulicity	Please stop 7 days prior to procedure
Exenatide(ER)	Bydureon BCise	Please stop 7 days prior to procedure
Exenatide(IR)	Byetta	Please stop 1 day prior to procedure
Liraglutide(3mg)	Saxenda	Please stop 1 day prior to procedure
Liraglutide (1.2mg/1.8mg)	Victoza	Please stop 1 day prior to procedure
Lixisenatide	Adlyxin	Please stop 1 day prior to procedure
Semaglutide	Ozempic,Wegovy	Please stop 7 days prior to procedure
Semaglutide	Rybelsus	Please stop 1 day prior to procedure
Tirzepatide	Mounjaro, Zepbound	Please stop 7 days prior to procedure
Albiglutide	Tanzeum	Please stop 7 days prior to procedure
Galcanezumab	Emgality	Please stop 7 days prior to procedure

Please consult your PCP on how to monitor blood sugar during the interim

Diabetics

****Please hold the following Medications for 3 days prior and Morning of procedure**

Brenzavvy (bexagliflozin)

Invokana (canagliflozin)

Farxiga (dapagliflozin)

Jardiance (empagliflozin)
Steglatro (ertugliflozin)

Insulin Shots: If you take insulin shots:

The **DAY BEFORE your procedure, take your usual dose of insulin.

The **EVENING BEFORE your procedure, take ½ of your usual dose of insulin.

Make sure to check your blood sugar frequently that day. If sugar falls below 70, drink sprite or 7-UP (not diet)

If you take **Diabetes Pills:**

Take **NO diabetes pills the **Night Before or Morning of Procedure.**

MORNING OF PROEDURE:

*Take **NO** insulin shots or diabetes pills.

FOR EVERYONE THE MORNING OF THE PROCEDURE:

Only take **Heart or Blood Pressure**, medication, **Seizure** medication and/or **Reflux** medication.

When to STOP Blood Thinners: Please make sure that your prescribing provider is okay with you holding the blood thinner. If not, please notify our office immediately.

Coumadin - 5 days before

Pradaxa - 3 days before

Eliquis - 2 days before

Effient - 7 days before

Plavix or Aggrenox - 7 days before

Brilinta- 5 days before

Xarelto - 2 days before

Aspirin- take as normal

If you take **Iron Pills**, please **STOP 4 Days** prior to your procedure.

Please note: **FAILURE** to cancel your procedure **24 hours in advance** will result in a **\$150 No Show Fee.**