

PREP INSTRUCTIONS FOR COLONOSCOPY WITH  
**Any Prep**



Your Colonoscopy is scheduled for:

- Date of Procedure:
- Arrival Time:
- Provider:
- Facility Name/Address
- Phone:

**\*IMPORTANT\*READ THIS NOW\***

- Please review all of these instructions.
  - Missed appointments or appointments that are cancelled within **72 hours of your procedure**, will be subject to a **\$100 fee**.
  - Use these instructions and **NOT** the instructions listed on the colon prep packaging.
  - Please see our website for Frequently Asked Questions.
- You will be contacted by The Ohio GI Pharmacy @ (513.429.7548) or your local pharmacy for colonoscopy prep medications**

**Do these things 7 days before your procedure:**

- For patients taking a GLP-1 Agonist for diabetes or obesity **weekly**, hold the medication for **one week** prior to your procedure. The most common of these include, but are not limited to:

Ozempic (semaglutide)	Zepbound (tirzepatide)	Mounjaro (tirzepatide)
Trulicity (dulaglutide)	Wegovy (semaglutide)	Bydureon (exenatide)

- Please make sure you have a responsible adult (18 years of age or older) with you when you arrive to the facility. This adult must stay at the facility during the procedure and drive you home afterwards. You will **NOT** be able to drive due to the sedation you will receive. You will not be able to take Lyft, Uber, or other public transportation to or from the facility. **Your procedure may be cancelled if we cannot confirm your transportation on the day of the procedure.**

**Do these things 5 days before your procedure:**

- **STOP** iron medication and iron supplements.
- If you take any medication that increases your risk of bleeding, you must ask the prescribing doctor when to stop taking the medication prior to the procedure. The most common of these include but are not limited to: **PLAVIX (CLOPIDOGREL) AND WARFARIN(COUMADIN)**, NSAIDS (EXCEDRIN, ADVIL, ALEVE, IBUPROFREN, MOBIC AND NAPROSYN. **DAILY ASPRIN 81mg AND TYLENOL ARE OK TO CONTINUE.**

**Do these things 3 days before your procedure:**

- STOP eating the following foods: raw fruits and vegetables, nuts, seeds, corn, beans, popcorn, and multigrain foods until after your procedure.
- STOP ALL fiber products, such as Benefiber, Metamucil, Fiber One products and high fiber cereals until after your procedure.
- STOP ALL supplements such as fish oil, vitamins, and calcium until after your procedure.
- STOP ALL diet pills or anything containing Xenical or Olestra until after your procedure.

**Do these things 2 days before your procedure:**

- Drink at least 8 glasses of water throughout the day.
- HOLD PRADAXA, XARELTO AND ELIQUIS
- Confirm your driver/responsible party who will need to stay in the building during your procedure.
- NO SOLID FOOD AFTER MIDNIGHT

**Do these things 1 day before your procedure:**

- **DO NOT EAT ANY SOLID FOOD TODAY START CLEAR LIQUID DIET TODAY**
- You may only have clear liquids all day and night. Clear liquids are: water, tea or black coffee, any broth, apple juice, soda, ginger ale, Gatorade, popsicles and Jell-O (NO RED, DARK PURPLE, or BLUE).
- NO MILK PRODUCTS
- NO ALCOHOL or MARIJUANA (interacts with anesthesia and prevents you from signing consent)
- If you are taking diabetic/weight loss medications DAILY, please stop them. The most common of these include, but are not limited to:

Victoza (liraglutide)	Byetta (exenatide)
Saxenda (liraglutide)	Rybelsus (semaglutide)

- Start drinking your prep according to instructions below.

**At 4:30pm: Dissolve 1 tablet of Ondansetron by placing on tongue.**

**At 5pm: Start your prep (Choose the one you have been given by the pharmacy)**

When drinking any of the preps below, some say drinking it cold and with a straw is easier. Also, please keep in mind you are drinking a laxative so stay close to the bathroom. It could take effect within 20 minutes. It is essential to drink the amount of liquid instructed. If you experience nausea, bloating or cramping, pause or slow the rate of drinking the additional water until symptoms diminish.

- **Plenvu:**

Pour the packet for Dose 1 into the container provided. Fill to the fill line with lukewarm water and mix well.

- Drink **ALL** of the solution within **30 minutes**.
- Chew one (1) Simethicone (anti-gas, gas-x) chewable **AND** drink an additional one (1) of the provided containers of water over the next **one (1) hour**.

- **Suprep:**

- Mix one (1) 6-ounce bottle with lukewarm water in the container provided and mix well.
- Drink **ALL** of the solution within **one (1) Hour**.
- Drink an additional one (1) provided container of water **AND** chew one (1) Simethicone (anti-gas, gas-x) chewable.

- **Sutab:**

- Open the first bottle of 12 tablets. Fill the provided container up to the fill line with water. Swallow 1 tablet every 1-2 minutes with a large drink of water until all tablets are gone. **DO NOT TAKE ALL 12 TABLETS AT ONCE. It is essential to take all tablets as instructed. If you experience nausea, bloating or cramping, pause or slow the rate of taking the tablets by 1-2 minutes each until symptoms diminish.** From 6-8pm, drink 32oz of water and chew one (1) Simethicone (anti-gas, gas-x) chewable. Continue to hydrate.

- **Suflave:**

- Open one flavor packet and pour the contents in the provided bottle and fill to the fill line with lukewarm water. Mix well.
- Drink **ALL** of the solution within **one (1) hour**.
- Drink an additional 16 ounces of water over the next hour **AND** chew one (1) Simethicone (anti-gas, gas-x) chewable. Continue to hydrate.

- **Gavilyte/Golytely/Peg 3350:**

- Before 5pm, mix entire contents in the jug provided with lukewarm water and place in the refrigerator.
- Drink an 8-ounce glass every 10-15 minutes until you have drunk half of the contents.
- Follow this with 32 ounces of water **AND** chew one (1) Simethicone (anti-gas, gas-x) chewable.

### **Do these things the day of your procedure:**

#### **Finishing the Prep: (Continue to follow the prep you have been given):**

**You must complete ALL steps and STOP ALL liquids 4 hours prior to your arrival time for ALL preps.**

**6 hours before your arrival time, dissolve the 2<sup>nd</sup> tablet of Ondansetron by placing on the tongue.**

- **Plenvu:**

- **Starting 6 hours before your arrival time**, pour the packets A and B for dose 2 in the container provided. Fill to the fill line with lukewarm water and mix well.
- Drink **ALL** of the solution within **30 minutes**.
- Over the next **one (1) hour**, drink one (1) of the container provided full of water and chew the remaining three (3) Simethicone tablets.

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- **Suprep:**

- **Starting 6 hours before your arrival time**, mix one (1) 6-ounce bottle with lukewarm water in the container provided and mix well.
- Drink **ALL** of the solution within **one (1) Hour**.
- **At 5 hours before your arrival**, drink one (1) more of the container provided filled with water **AND** chew the last three (3) Simethicone tablets.