

South Suburban Gastroenterology, PC  
Weymouth Endoscopy, LLC  
1085 Main Street, South Weymouth  
TEL: 781-331-2922 FAX: 781-335-5702

## MIRALAX PREPARATION

Purchase (4) Dulcolax (bisacodyl 5 mg) **laxative** tablets, 238 gram bottle of **Miralax** (OTC), and 64 ounces of Gatorade (not red, grape) or 64 ounces of a clear beverage of your choice (ex:Crystal Light, Propel, Ginger-ale, apple juice).

### One week prior to procedure:

- 1- Please check with your PCP and your gastroenterologist if you take any blood thinners such as Warfarin/Coumadin, Eliquis, Xarelto, Brilinta, Pradaxa, Plavix, or Aggrenox. We will need to get consent from your cardiologist to stop your blood thinner prior to your procedure.
- 2- You may stay on your low dose Aspirin.
- 3- You may continue any NSAID's such as Ibuprofen, Motrin, Aleve, Naproxen, Diclofenac, or Indocin.
- 4- Please hold iron pills (5 days prior) after checking with your PCP.
- 5- If you are a diabetic, check with your PCP regarding diabetic medication dosing for this procedure. We recommend taking ½ daily dosage the day prior to your procedure.
- 6- Glucagon-like peptides such as Ozempic, Trulicity, Wegovy, Rybelsus, Mounjaro and Zepbound hold 7 days prior ( pill form) or 7 days (injection).

### Three-Five days prior to procedure:

- 1- Do not consume any nuts, seeds (flax, sunflower, quinoa), popcorn, corn, beans, raw vegetables dried fruit or fresh fruit with seeds.
- 2- Hold any fiber supplements such as Metamucil, Citrucel or Perdiem. Hold any sodium glucose inhibitors such as: Jardiance, Farxiga, Januvia and Invokana 3 days prior to your procedure.

### Day before the procedure:

- 1- No solid foods are permitted.
- 2- Clear liquids are to be consumed all day. Please drink plenty of clear liquids throughout the day and evening. This helps to achieve a more effective preparation and prevents dehydration.
- 3- Examples of clear liquids include: Crystal Light, Gatorade, Powerade, Pedialyte, soda, apple juice, seltzer, flavored water, black tea/coffee, Italian ice, popsicles, Jell-O and broth. No milk or cream. No pulp in juices. Avoid red or dark grape color in popsicles, Italian ice, Jell-O, Gatorade, etc.
- 4- At 3:00 pm take 4 Dulcolax (bisacodyl 5 mg) laxative tablets.
- 5- At 5:00 pm mix into a pitcher 238 grams of Miralax into 64 ounces of Gatorade or clear liquid drink of your choice. Stir well until fully dissolved. Drink an 8 ounce glass every 10-15 minutes until half the solution is gone (32 ounces).
- 6- Refrigerate the remainder for the next day.

### Day of exam:

- 1- 4-5 hours prior to your exam drink the remainder of the Miralax solution (32 ounces).
- 2- **STOP** consuming clear liquids 3 hours before your scheduled procedure.

**\*You must have a ride home from a family member or friend as public transportation is not allowed. You are not able to drive for the remainder of the day.\***

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## MAGNESIUM CITRATE PREPARATION

Purchase 3 bottles of Magnesium Citrate (clear only) from any pharmacy (OTC).

No prescription needed.

### One week prior to procedure:

- 1- Please check with your PCP and your gastroenterologist if you take any blood thinners such as Warfarin/Coumadin, Eliquis, Xarelto, Brilinta, Pradaxa, Plavix, or Aggrenox. We will need to get consent from your cardiologist to stop your blood thinner prior to your procedure.
- 2- You may stay on your low dose aspirin.
- 3- You may continue any NSAID's such as Ibuprofen, Motrin, Aleve, Naproxen, Diclofenac, or Indocin.
- 4- Please hold iron pills (5 days prior) after checking with your PCP.
- 5- If you are a diabetic, check with your PCP regarding diabetic medication dosing for this procedure. We recommend taking ½ dosage one day prior to procedure.
- 6- Glucagon-like Peptides such as Ozempic, Trulicity, Wegovy, Rybelsus, Mounjaro and Zepbound hold 7 days prior (pill form) or 7 days (injection).
- 7- Sodium-glucose inhibitors such as Farxiga, Invokana, and Jardiance need to be held for 3 days.

### Three-Five days prior to procedure:

- 1- Do not consume any nuts, seeds (flax, sunflower, quinoa), popcorn, corn, beans, raw vegetables dried fruit or fresh fruit with seeds.
- 2- Do not take any fiber supplements such as Metamucil, Citrucel or Perdiem.

### Day before the procedure:

- 1- No solid foods are permitted.
- 2- Clear liquids are to be consumed all day. Please drink plenty of clear liquids throughout the day and evening. This helps to achieve a more effective preparation and prevents dehydration.
- 3- Examples of clear liquids include: Crystal Light, Gatorade, Powerade, soda, apple juice, seltzer, flavored water, black tea/coffee, Italian ice, popsicles, Jell-O and broth. No milk or cream. No pulp in juices. Avoid red or dark grape color in popsicles, Italian ice, Jell-O, Gatorade, etc.
- 4- At 4:00 pm, drink the first 10-oz bottle of Magnesium Citrate.
- 5- At 6:00 pm, drink the second 10-oz bottle of Magnesium Citrate.

### Day of exam:

- 1- 4 hours prior to your exam time, drink the 3<sup>rd</sup> 10-oz bottle of Magnesium Citrate.
- 2- **STOP** consuming clear liquids 3 hours before your scheduled procedure time.
- 3- No solid foods are permitted.
- 4- You may take any prescription medications.

**If you have kidney disease, please call us to confirm this preparation**

**\*You must have a ride home from a family member or friend as public transportation is not allowed. You are not able to drive for the remainder of the day.\***

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## Instructions for Colonoscopy with Suprep

Purchase Suprep from any pharmacy. You do need a prescription.

### One week prior to procedure:

- 1- Please check with your PCP and your gastroenterologist if you take any blood thinners such as Warfarin/Coumadin, Eliquis, Xarelto, Brilinta, Pradaxa, Plavix, Aggrenox, Clopidogrel or Prasugrel.
- 2- You may STAY ON your aspirin..
- 3- You may continue any NSAID's such as Ibuprofen, Motrin, Aleve, Naproxen, Diclofenac, or Indocin.
- 4- Please hold iron pills (5 days prior ) after checking with your PCP.
- 5- If you are a diabetic, check with your PCP regarding diabetic medication dosing for this procedure. We recommend taking ½ of your diabetic medication the day prior to your procedure.
- 6- Glucagon-like peptides such as Ozempic, Trulicity, Wegovy, Rybelsus hold 7 days prior (pill form) or 7 days (injection).
- 7- Sodium-glucose inhibitors such as Farxiga, Invokana, Januvia and Jardiance need to be held for 3 days.

### Three- Five days prior to procedure:

- 1- Do not consume any nuts, seeds, (flax, sunflower, quinoa), popcorn, corn, beans, . raw vegetables, dried fruit or fresh fruit with seeds.
- 2- Hold any fiber supplements such as Metamucil, Citrucel or Perdiem

### Day before the procedure:

- 1- No solid foods are permitted.
- 2- Clear liquids are to be consumed all day. Please drink plenty of clear liquids throughout the day and evening. This helps to achieve a more effective preparation and prevents dehydration.
- 3- Examples of clear liquids include: Crystal Light, Gatorade, Powerade, soda, apple juice, seltzer, flavored water, black tea/coffee, Italian ice, popsicles, Jell-O and broth. No milk or cream. Avoid red color in popsicles, Italian ice, Jell-O, Gatorade, etc.
- 4- At 6:00 o'clock PM pour (1) 6 oz. Bottle of Suprep into the container. Add cool drinking water to the 16 oz. line. Drink all of the mixture. To prevent dehydration, drink plenty of clear fluids all day.

### Day of exam:

- 1- 4 hours prior to your exam time, prepare another bottle of Suprep. Drink all of the mixture. Stop consuming clear liquids 3 hours before your scheduled procedure time.
- 1- No solid foods are permitted.
- 2- You may take any prescription medications.

Please call 781-331-2922 with any questions or concerns regarding the preparation.

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## Instructions for Colonoscopy with MOVIPREP

### Prescription needed for this prep

#### One week prior to procedure:

- 1- Please check with your PCP and your gastroenterologist if you take any blood thinners such as Warfarin/Coumadin, Eliquis, Xarelto, Brilinta, Pradaxa, Plavix, Aggrenox or clopidogrel. We will need to get consent from your cardiologist prior to your procedure.
- 2- You may stay on your low dose aspirin.
- 3- You may continue any NSAID's such as Ibuprofen, Motrin, Aleve, Naproxen, Diclofenac, or Indocin.
- 4- Please hold iron pills after checking with your PCP.
- 5- If you are a diabetic, check with your PCP regarding diabetic medication dosing for this procedure. We recommend taking ½ your usual daily dosage.
- 6- Glucagon-like peptides such as Ozempic, Trulicity, Wegovy, Rybelsus, Mounjaro and Zepbound hold 7 days prior (pill form) or 7 days (injection).
- 7- Sodium-glucose inhibitors such as Farxiga, Invokana, Januvia and Jardiance need to be held for 3 days.

#### Five days prior to procedure:

- 1- Do not consume any nuts, seeds (flax, sunflower, quinoa), popcorn, corn beans, raw vegetables, or dried fruit or fresh fruit with seeds.
- 2- Do not take any fiber supplements such as Metamucil, Citrucel or Perdiem.

#### Day before the procedure:

- 1- No solid foods are permitted.
- 2- Clear liquids are to be consumed all day. Please drink plenty of clear liquids throughout the day and evening. This helps to achieve a more effective preparation and prevent dehydration.
- 3- Examples of clear liquids include: Crystal Light, Gatorade, Powerade, soda, apple juice, seltzer, flavored water, black tea/coffee, Italian ice, popsicles, Jell-O and broth. No milk or cream, no pulp in juices. Avoid red, dark grape color in popsicles, Italian ice, Jell-O, Gatorade, etc.
- 4- At 4:00 pm, you will need to mix pouch A & B w/ lemon mixture and lukewarm water to container line. Begin your Moviprep, drinking 8oz every 15 minutes. If you would like to drink the fluid cold, mix ahead of time and refrigerate (the prep must be consumed 24 hrs post mixing). Following the prep continue to drink an additional 16oz of a clear liquid of your choice.

#### Day of exam:

- 1- Do not eat prior to the exam.
- 2- A second dose (repeat # 4 above) of Moviprep will need to be mixed and consumed 5 hours before your procedure time.
- 3- After completing the second dose of Moviprep, **STOP** consuming liquids 3 hours before the procedure time. **Call with any questions or concerns.**

**\*You must have a ride home from a family member or friend as public transportation (taxi, uber) is not allowed. You are not able to drive for the remainder of the day.\***

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## Instructions for Colonoscopy with GoLYTELY/NuLYTELY

### One week prior to procedure:

- 1- Please check with your PCP and your gastroenterologist if you take any blood thinners such as Warfarin/Coumadin, Eliquis, Xarelto, Brilinta, Pradaxa, Plavix, or Aggrenox, clopidogrel. We will need to obtain consent from your cardiologist prior to your procedure.
- 2- You may stay ON your aspirin.
- 3- You may continue any NSAID's such as Ibuprofen, Motrin, Aleve, Naproxen, Diclofenac, or Indocin.
- 4- Please hold iron pills (5 days prior) after checking with your PCP.
- 5- If you are a diabetic, check with your PCP regarding diabetic medication dosing for this procedure. We recommend taking ½ your usual daily dosage.
- 6- Glucagon-like peptides such as Ozempic, Trulicity, Wegovy, Rybelsus, Mounjaro and Zepbound hold 7 days prior (pill form) or 7 days (injection).
- 7- Sodium-glucose inhibitors such as Farxiga, Invokana, Januvia and Jardiance need to be held for 3 days.

### Three-Five days prior to procedure:

- 1- Do not consume any nuts, seeds (flax, sunflower, quinoa), popcorn, corn, beans, raw vegetables, dried fruit or fresh fruit with seeds.
- 2- Hold any fiber supplements such as Metamucil, Citrucel or Perdiem.

### Day before the procedure:

- 1- No solid foods are permitted.
- 2- Clear liquids are to be consumed all day. Please drink plenty of clear liquids throughout the day and evening. This helps to achieve a more effective preparation and prevents dehydration.
- 3- Examples of clear liquids include: Crystal Light, Gatorade, Powerade, Pedialyte, soda, apple juice, seltzer, flavored water, black tea/coffee, Italian ice, popsicles, Jell-O and broth. No milk or cream. Avoid red color in popsicles, Italian ice, Jell-O, Gatorade, etc.
- 4- At **6:00 pm** mix the gallon of GoLYTELY/NuLYTELY and take ½ of the solution over 1 to 2 hours. Drink plenty of clear fluids to stay hydrated.

### Day of exam:

- 1- 4 hours prior to your exam time, drink the second ½ of GoLYTELY/NuLYTELY.
- 2- **STOP** consuming clear liquids 3 hours before your scheduled procedure time.
- 3- No solid foods are permitted.
- 4- You may take any prescription medications.

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### **SUTAB PREPARATION**

**Purchase SUTAB with prescription from your pharmacy.**

#### **One week prior to procedure:**

- 1- Please check with your PCP and your gastroenterologist if you take any blood thinners such as Warfarin/Coumadin, Eliquis, Xarelto, Brilinta, Pradaxa, Plavix, Aggrenox or clopidogrel. We will need to get consent from your cardiologist prior to your procedure.**
- 2- You may stay on your low dose aspirin.**
- 3- You may continue any NSAID's such as Ibuprofen, Motrin, Aleve, Naproxen, Diclofenac, or Indocin.
- 4- Please hold iron pills after checking with your PCP.
- 5- If you are a diabetic, check with your PCP regarding diabetic medication dosing for this procedure. We recommend taking ½ dosage one day prior to your procedure.**
- 6- Glucagon-like peptides such as Ozempic, Trulicity, Wegovy, Rybelsus, Mounjaro, and Zepbound hold 7 days prior (pill form) or 7 days (injection).
- 7 Sodium-glucose inhibitors such as Farxiga, Invokana, Januvia and Jardiance need to be held for 3 days.

#### **Five days prior to procedure:**

- 1- Do not consume any nuts, seeds (flax, sunflower, quinoa), popcorn, corn, beans, raw vegetables, or dried or fresh fruit.**
- 2- Hold any fiber supplements such as Metamucil, Citrucel or Perdiem.

#### **Day before the procedure:**

- 1- No solid foods are permitted.
- 2- Clear liquids are to be consumed all day. Please drink plenty of clear liquids throughout the day and evening. This helps to achieve a more effective preparation and prevents dehydration.
- 3- Examples of clear liquids include: Crystal Light, Gatorade, Powerade, soda, apple juice, seltzer, flavored water, black tea/coffee, Italian ice, popsicles, Jell-O and broth. No milk or cream. No pulp in juices. Avoid red color in popsicles, Italian ice, Jell-O, Gatorade, etc.
- 4- At 4:00 p.m. open (1) bottle of 12 SUTAB tablets and with 16 oz of water take the 12 tablets over the next 15 to 20 minutes. Continue to drink clear liquids through the evening to stay hydrated.

#### **Day of exam:**

- 1- 4-5 hours prior to exam start second dose of 12 tablets with 16oz of water. Stop consuming clear liquids 3 hours before your scheduled procedure time.
- 2- No solid foods are permitted.
- 3- You may take any prescription medications.

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## 2 Day Miralax prep

Purchase (4) Dulcolax (bisacodyl 5mg) **laxative** tablets, 357 grams of Miralax (Otc) and 96 ounces of Gatorade (not red) or 96 ounces of a clear beverage of your choice (ex: Crystal Light, Ginger-ale, propel etc.)

### One week prior to procedure:

- 1- **Please check with your PCP and your gastroenterologist if you take any blood thinners such as Warfarin/Coumadin, Eliquis, Xarelto, Brilinta, Pradaxa, Plavix, or Aggrenox.** We will get consent from your cardiologist to stop your blood thinner prior to your procedure.
- 2- You may stay on your Aspirin.
- 3- You may continue any NSAID's such as Ibuprofen, Motrin, Aleve, Naproxen, Diclofenac, or Indocin.
- 4- Please hold iron pills after checking with your PCP.
- 5- **If you are a diabetic, check with your PCP regarding diabetic medication dosing for this procedure. We recommend taking ½ dosage of your diabetic medication the day prior to your procedure.**
- 6- **Glucagon-like peptides such as Ozempic, Trulicity, Wegovy, Rybelsus, Mounjaro and Zepbound hold 7 days prior (pill form) or 7 days (injection).**
- 7- **Sodium-glucose inhibitors such as Farxiga, Invokana, Januvia and Jardiance need to be held for 3 days.**

### Five days prior to procedure:

- 1- Do not consume any nuts, seeds, popcorn, or corn.(flax,sunflower,quinoa),beans, raw vegetables, dried fruit or fresh fruit with seeds.
- 2- Hold any fiber supplements such as Metamucil, Citrucel or Perdiem

### Two days prior to the procedure:

- 1- Clear liquid diet all day no solid foods are permitted. Please drink plenty of clear liquids throughout the day and evening. This helps to achieve a more effective preparation and prevents dehydration.
- 2- Examples of clear liquids include: Crystal Light, Gatorade, Powerade, soda, apple juice, seltzer, flavored water, black tea/coffee, Italian ice, popsicles, Jell-O and broth. No milk or cream. Avoid red color in popsicles, Italian ice, Jell-O, Gatorade, etc.
- 3- At 5:00 p.m. Mix 119 grams (7 doses) of Miralax with 32 oz of Gatorade/clear liquid of your choice. Shake until well mixed and drink an 8 oz. glass every 10-15 minutes until the solution is gone.

### Day before the procedure:

- 1- No solid foods are permitted. Clear liquids are to be consumed all day.
- 2- At 3:00 pm, take 4 dulcolax tablets.
- 3- At 5:00 pm mix 238 grams (14 doses) of Miralax in 64 ounces of Gatorade/drink of your choice. Shake until well mixed. Drink an 8 ounce glass every 10-15 minutes until half the solution is gone (32 ounces). You can refrigerate the other 32 oz. for the morning.

### Day of exam:

- 1- 4 hours prior to your exam time, drink another 32 oz of the Gatorade/ Miralax mixture.
- 2- **STOP** consuming clear liquids 3 hours before your scheduled procedure time.
- 3- No solid foods are permitted.
- 4- You may take any prescription medications.

**\*You must have a ride home from a family member or friend as public transportation is not allowed. You are not able to drive for the remainder of the day.\***

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## 2 Day Magnesium Citrate and Miralax prep

Purchase (2) bottles of Magnesium Citrate, (4) Dulcolax (bisacodyl 5 mg) laxative tablets, 238 grams bottle of Miralax (OTC) and 64 ounces of Gatorade (not red) or 64 ounces of a clear beverage of your choice (ex: Crystal Light, etc.)

### One week prior to procedure:

- 1- Please check with your PCP and your gastroenterologist if you take any blood thinners such as Warfarin/Coumadin, Eliquis, Xarelto, Brilinta, Pradaxa, Plavix, or Aggrenox. We will need to get consent from your cardiologist to stop your blood thinner prior to your procedure.
- 2- You may STAY ON your low dose aspirin.
- 3- You may continue any NSAID's such as Ibuprofen, Motrin, Aleve, Naproxen, Diclofenac, or Indocin.
- 4- Please hold iron pills (5 days prior) after checking with your PCP.
- 5- If you are a diabetic, check with your PCP regarding diabetic medication dosing for this procedure. We recommend taking ½ of your diabetic medication the day before your procedure.
- 6- Glucagon-like peptides such as Ozempic, Trulicity, Wegovy, Rebelsus, Mounjaro or Zepbound hold 7 days (pill form) or 7 days (injection).
- 7- Sodium-glucose inhibitors such as Farxiga, Invokana, Januvia and Jardiance need to be held for 3 days.

### Five days prior to procedure:

- 1- Do not consume any nuts, seeds (flax, sunflower, quinoa) popcorn, corn, beans, raw vegetables, dried fruit or fresh fruit with seeds.
- 2- Hold any fiber supplements such as Metamucil, Citrucel or Perdiem

### Two days prior to the procedure:

- 1- Clear liquid diet all day. Clear liquids are to be consumed all day. Please drink plenty of clear liquids throughout the day and evening. This helps to achieve a more effective preparation and prevents dehydration.
- 2- Examples of clear liquids include: Crystal Light, Gatorade, Powerade, Pedialyte, soda, apple juice, seltzer, flavored water, black tea/coffee, Italian ice, popsicles, Jell-O and broth. No milk or cream. No juices with pulp. Avoid red color in popsicles, Italian ice, Jell-O, Gatorade, etc.
- 1- Drink (1) 10 oz. bottle of Magnesium Citrate at **5:00 pm** and another @ **7 pm**.

### Day before the procedure:

- 3- No solid foods are permitted. Clear liquids are to be consumed all day.
- 4- At **3:00 pm**, take 4 Dulcolax (bisacodyl 5 mg) laxative tablets.
- 5- At **5:00 pm**, mix into a pitcher 238 grams of Miralax into 64 ounces of Gatorade or clear liquid drink of your choice. Stir well until fully dissolved. Drink an 8 ounce glass every 10-15 minutes until half the solution is gone (32 ounces).
- 6- Refrigerate the remainder for the next day.

### Day of exam:

- 1- 4 hours prior to your exam time, drink another 32 oz. of the Gatorade/ Miralax mixture.
- 2- **STOP** consuming clear liquids 3 hours before your scheduled procedure time.
- 3- No solid foods are permitted.
- 4- You may take any prescription medications.

**You must have a ride home from a family member or friend as public transportation is not allowed. You are not able to drive for the remainder of the day.\*\*\*Please allow at least ONE week advance notice if you have to cancel or re-schedule your procedure\*\***



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**Magnesium Citrate Preparation: 4 BOTTLES**

Purchase 4 bottles of Magnesium Citrate (not red) from any pharmacy. No prescription needed.

**One week prior to procedure:**

- 1- Please check with your PCP and your gastroenterologist if you take any blood thinners such as Warfarin/Coumadin, Eliquis, Xarelto, Brilinta, Pradaxa, Plavix, or Aggrenox.
- 2- Aspirin should not be held.
- 3- You may continue any NSAID's such as Ibuprofen, Motrin, Aleve, Naproxen, Diclofenac, or Indocin.
- 4- Please hold iron pills after checking with your PCP.
- 5- If you are a diabetic, check with your PCP regarding diabetic medication dosing for this procedure.
- 6- Glucagon-like peptides such as Ozempic, Trulicity, Wegovy, Rybelsus, Mounjaro and Zepbound hold 7 days (pill form) or 7 days (injection).
- 7- Sodium-glucose inhibitors such as Farxiga, Invokana, Januvia and Jardiance need to be held for 3 days.

**Five days prior to procedure:**

- 1- Do not consume any nuts, seeds, (flax, sunflower, quinoa), popcorn, corn, beans, raw vegetables dried or fresh fruit with seeds.
- 2- Hold any fiber supplements such as Metamucil, Citrucel or Perdiem. . **HOLD any sodium glucose inhibitors such as: Jardiance, Farxiga and Invokana 3 days prior to your procedure.**

**Two days prior to the procedure:**

- 1- Clear liquids all day no solid foods, drink (1) 10 oz. bottle of Magnesium Citrate @ 7 pm

**Day before the procedure:**

- 1- No solid foods are permitted.
- 2- Clear liquids are to be consumed all day. Please drink plenty of clear liquids throughout the day and evening. This helps to achieve a more effective preparation and prevents dehydration.
- 3- Examples of clear liquids include: Crystal Light, Gatorade, Powerade, soda, apple juice, seltzer, flavored water, black tea/coffee, Italian ice, popsicles, Jell-O and broth. No milk or cream. Avoid red color in popsicles, Italian ice, Jell-O, Gatorade, etc.
- 4- At **4:00 PM**, drink the second bottle of Magnesium Citrate.
- 5- At **6:00 PM**, drink the third bottle of Magnesium Citrate.

**Day of exam:**

- 1- 4 hours prior to your exam time, drink the fourth bottle of Magnesium Citrate.
- 2- **STOP** consuming clear liquids 3 hours before your scheduled procedure time.
- 3- No solid foods are permitted.
- 4- You may take any prescription medications.

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## **Flexible Sigmoidoscopy**

### **Fleet Enema Prep**

Name: \_\_\_\_\_ D.O.B. \_\_\_\_\_

Your procedure has been scheduled on: \_\_\_\_\_ at \_\_\_\_\_

With **Dr.** \_\_\_\_\_

Please arrive at: \_\_\_\_\_

Please bring your insurance cards and a photo ID with you on the day of the procedure.

Please obtain a referral from your primary care physician if needed.

Purchase (2) Fleet Enemas at your local pharmacy.

#### **One week prior:**

- 1- **Glucagon-like peptides such as Ozempic, Trulicity, Wegovy, Rybelsus. Mounjaro and Zepbound hold 7 days prior (pill form) or 7 days (injection).**
- 2- **Sodium-glucose inhibitors such as Farxiga, Invokana, Januvia and Jardiance need to be held for 3 days.**

#### **Day before the procedure:**

- 1- Do not eat after midnight the night before your exam.

#### **Day of exam:**

- 1- Take one fleet enema an hour and a half prior to arrival time.
- 2- Take the second fleet enema an hour prior to arrival time.
- 3- Stop consuming clear liquids 3 hours before your scheduled procedure time.
- 4- No solid foods are permitted.
- 5- You may take any prescription medications.

**\*If you are having sedation with this procedure, you must have a ride home from a family member or friend as public transportation is not allowed. You are not able to drive for the remainder of the day.\***