PREPARING FOR YOUR COLONOSCOPY

A colonoscopy is an endoscopic procedure that enables your physician to examine the lining of the colon for abnormalities. If you have polyps, these can often be removed at the time of the procedure. Colonoscopy decreases your risk of colon cancer and can save your life.

ONE WEEK BEFORE YOUR PROCEDURE

- **Those on Diabetic Medications:** Discuss the clear liquid diet with your diabetes physician and see if you need to adjust your insulin. Canagliflozin (Invokana), dapaglifloxin (Farxiga), or empagliflozin (Jardiance), are often **STOPPED 3 days prior to the procedure.** Ertuglifloxin (Steglatro) is often **STOPPED 4 days prior to the procedure**.
- **Those on GLP1 medications for diabetes and/or weight loss:** Due to risks of delayed gastric emptying and increased risk for regurgitation and aspiration, GLP-1 medications such as liraglutide (Victoza, Saxenda), dulaglutide (Trulicity), semaglutide (Ozempic, Rybelsus, Wegovy), tirzepatide (Mounjaro, Zepbound), and exenatide (Bydureon BCise, Byetta) **should be STOPPED 1 week prior to the procedure.** Check with your prescribing physician to see if holding your medicine is safe or if you need to use another medication. **Please contact us as soon as possible if you are unable to stop these medications.**
- **Those on Blood Thinners:** Warfarin (Coumadin), Heparin, and Plavix are frequently stopped 5 days prior to the procedure. Eliquis, Pradaxa, and Xarelto are frequently stopped 2 days prior. Lovenox is frequently stopped 24 hours prior. **Check with your prescribing physician to be sure it is safe for you to do so.**

FIVE DAYS BEFORE YOUR PROCEDURE

- **Avoid all high fiber foods such nuts, seeds, broccoli, cabbage, popcorn, corn.** No oral iron supplements.
- **Obtain the Bowel Prep from your Pharmacy:** A bowel prep has been prescribed. Pick this up from your pharmacy. You can flavor the prep with something such as Crystal Light. Do not use flavorings with a **red** or **purple** color.

THE DAY BEFORE YOUR PROCEDURE

- **Drink CLEAR liquids ONLY for the ENTIRE day.** ALLOWED clear liquids include water, bouillon, broths, tea (no creamer), black coffee (no creamer), Jell-O, popsicles, clear juices (apple or white grape), sports beverages, and soft drinks. Avoid anything **red** or **purple** in color. DO NOT EAT ANY SOLID FOODS. Do NOT consume dairy products or alcoholic beverages.
- **Prepare the bowel prep according to the package directions**. Chill the prep in the refrigerator. Late in the afternoon (we suggest 5pm), begin your bowel prep and use the SPLIT PREP OPTION. Expect to complete the first portion of the prep the evening before your procedure. For patients taking a low volume prep, follow the prep instructions that come in the package.

THE DAY OF YOUR PROCEDURE

- **In the morning, continue the remainder of the bowel prep.** Start the morning part of the prep at least 4 hours before the procedure. Take all routine blood pressure, heart, and seizure medications with a sip of water. STOP all clear liquids 3 hours before the procedure and take nothing else by mouth.
- **A RESPONSIBLE ADULT (18 years or older) MUST accompany you** and must remain with you and ACCOMPANY YOU HOME due to the sedation. You and a responsible adult can take a taxi/Uber/Lyft to your procedure, but **the responsible adult must remain with you and must accompany you home**.

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- **Arrive at least one hour prior to your procedure.** When you arrive for your procedure, you will be asked to show a **government-issued driver's license**, passport, or identification card. Your procedure will be CANCELLED if you do not have your ID with you.

FREQUENTLY ASKED QUESTIONS

What is a SPLIT PREP?

- In a split prep, you take the first part of the bowel prep the evening before and the second part in the early morning on the day of the procedure. This may be easier than drinking all the prep at one time. Importantly, multiple trials have shown that a split prep is much better than prepping only the day before. In some studies, 30–40% more patients had an excellent or adequate prep with split dosing.

I was given the PEG 3350 prep (i.e. Golytely, Gavilyte, Nulytely, Colyte, Trilyte), how should I take it?

- The day before the exam, have NO SOLID FOOD and clear liquids only.
- Begin the prep at 5pm and drink 8oz every 15min until 3/4^{ths} of the prep (12 CUPS) has been completed.
- Drink the remainder (the last 1/4th or 4 CUPS) in the morning 4 hours before your colonoscopy.
- Complete the entire regimen and take nothing else by mouth for 3 hours before the procedure.

I was given Suprep, Moviprep, Clenpiq, Sutab, or Suflave, how should I take it?

- Follow the instructions included in the package.
- The day before the exam, have NO SOLID FOOD and clear liquids only.

My procedure is at 8am - What time do I need to start the morning part of the prep?

- For the second part of the split prep, start at least 4 hours before.

What can I do to make it easier to prep?

- It is often easier to take the prep when it is chilled – you can put the prep in the fridge to chill it.
- It is also OK to take the prep over ice and many patients find that using a straw helps.

OUR LOCATIONS

You have been scheduled with Dr. _____ at _____. Please arrive by _____ at the Endoscopy Center of the following location:

___ 1365 Clifton Road, Building B, 1st floor, Atlanta, GA 30322

___ 4555 North Shallowford Road, Dunwoody, GA 30338

___ 2665 North Decatur Road, Suite 740 (7th floor), Decatur, GA 30033

___ Emory University Hospital, 1364 Clifton Road, 3rd floor (AB elevators), Atlanta, GA 30322

___ Emory St. Joseph's Hospital, 5665 Peachtree Dunwoody Rd., 1st floor, Admissions desk, Dunwoody, GA 30342

___ Emory Johns Creek Hospital, 6325 Hospital Pkwy, 1st floor, Johns Creek, GA 30097

___ Emory Decatur Hospital, 2701 N. Decatur Rd, ground floor- Diagnostic Treatment Center, Decatur, GA 30033

___ Spivey Station Surgery Center, 7813 Spivey Station Blvd, #100, Jonesboro, GA 30236

INSURANCE BILLING QUESTIONS: Please call 404-778-7318 for any insurance questions or out-of-pocket costs.

CANCEL / RESCHEDULE: To cancel, re-schedule, or if you have any questions, please call 404-778-3184 or contact us via MyChart. If you need to reschedule or cancel your appointment, please do so at least 5 business days in advance to avoid a late cancellation fee.

Thank you for choosing Emory for your endoscopic procedure.

EMORY CLINIC

The Emory Clinic
www.emoryhealthcare.org