Colonoscopy Prep Instructions

Golytely(1gallon) Suprep(2 16oz Bottles)/Suflave(2 16oz Bottles)

Appointment Information

Date: _____

Procedure Time: _____AM/PM

ARRIVAL TIME: _____AM/PM

If you cannot keep your appointment, please call to re-schedule your appointment for at least 3 days prior to your scheduled procedure date. Questions? (210) 405-3410

Procedure Locations:

- **Huebner Ambulatory Surgery Center: 9618 Huebner Rd #111 San Antonio, Tx 78240 (210) 943-0999**
- **Northeast Baptist Hospital: 8811 Village Dr., San Antonio, TX 78217 (210) 297-2000**

Follow medication guidelines provided by the Doctor/Nurse Practitioner.

The following medications are blood thinners and require clearance from prescribing physician prior to your procedure:

STOP the following for 7 days prior:	
Clopidogrel (Plavix)	**Dabigatran (Pradaxa)**
Enoxaparin (Lovenox)	**Prasugrel (Effient)**
Ticagrelor (Brilinta)	**Aspirin 325 mg**

STOP the following for 5 days:	**Coumadin (Warfarin)**
STOP the following for 3 days prior:	**Rivaroxaban (Xarelto)**
STOP the following for 2 days prior:	**Apixaban (Eliquis)**

STOP the following for 4 days prior:	**NSAIDs (anti-inflammatory)--aspirin, Ibuprofen (Advil, Motrin), Naproxen (Aleve), celecoxib, diclofenac, Indomethacin, meloxicam, all supplements including fish oil, iron, multi-vitamins.**

All other routine medications are to be continued as you normally take them.

3 Days Before Procedure

Start a low-fiber diet (no fruits, veggies, whole grains, nuts).

Drink plenty of water.

Eat a light breakfast.

At 12:00 PM (noon):

Start clear liquids only (broth, water, clear juice, tea, sports drinks). Take 2 Dulcolax tablets (if instructed).

No dairy products.

2 Days Before Procedure

If you have not had a bowel movement in 2 days, take 2 Dulcolax tablets at 5:00 PM.

***They can be purchased over the counter at your local pharmacy.

1 Day Before Procedure

Start a clear liquid diet in the morning as soon as you wake up

*****See Clear Liquid Diet*****

- No solid food.
- Prepare the bowel prep (as directed on the label) and refrigerate. ○ at 6:00 PM, drink half of the bottle, 8 oz every 15 minutes. ○ At 10:00pm, drink the remaining half of the bottle, 8 oz every 15 minutes.
- *****IF your procedure is after 9am, drink the other half 4hrs prior to your procedure time _____ AM/PM (day of the procedure).**

****NOTHING BY MOUTH 2HRS PRIOR TO ARRIVAL TIME!!!

If vomiting, pause 20–30 minutes, then restart. Call the office if you can't finish.

If You Have Diabetes

Monitor blood sugar closely.

Drink clear liquids with sugar (like apple juice)

If you feel like you have symptoms, treat them with sugar or glucose tablets.

Day before:

- Take **full** dose of oral meds.
- Take **1/2** dose of long-acting insulin.

Day of procedure:

- Do NOT take any diabetes medication or insulin.
- Check sugar before leaving home.

**** If your sugar gets too low, drink some apple juice. ****

Day of Procedure

No solid food.

Take only these meds 2 hours before arrival (with a sip of water):

- Blood pressure ○ Thyroid ○ Heart rhythm ○ Seizure

No other medications until after your procedure.

GLP -1 Agonists

- Hold GLP-1 agonists **on the DAY of** the procedure/surgery for patients who take the medication **DAILY**.
- Hold GLP-1 agonists **a WEEK prior** to the procedure/surgery for patients who take the medication **WEEKLY**.
- On the day of the procedure, **consider delaying the procedure if the patient is experiencing GI symptoms** such as severe nausea, vomiting, bloating, or abdominal pain, and discuss the potential risk of regurgitation and aspiration with the proceduralist or surgeon and the patient.
- On the day of the procedure**, if the patient has no GI symptoms but the GLP1 medications were not held**, consider delaying the procedure or proceed using full stomach precautions. The potential risk of regurgitation and aspiration of gastric contents should be discussed with the proceduralist or surgeon and the patient.

Below is the currently available GLP-1 receptor agonist listed by whether they are given daily or weekly:

- **Daily-** Rybelsus (semaglutide) Victoza (liraglutide) Saxenda (liraglutide) Byetta (exenatide) Adlyxin (Lixisenatide)
- **Weekly -** Ozempic (semaglutide) Wegovy (semaglutide) Trulicity (dulaglutide) Bydureon (exenatide) Mounjaro (tirzepatide)

Clear Liquid Diet Guide….

NOTHING RED OR PURPLE IN COLOR

	Water
	Gatorade, Powerade, Pedialyte, Sodas, non-carbonated drinks like Kool-Aid. **(No red or purple drinks)**
	Strained fruit juices **(without pulp),** including lemonade, limeade, apple juice, orange juice, white grape juice, white cranberry juice, and green juice.
	Coffee and tea with or without sweetener/sugar. (**NO Creamer or Half & Half)**
	Clear broth or bouillon **(Chicken, Beef, or Vegetable)**
	Jello or Gatin without fruit or toppings **(NOTHING Red or Purple)**
	Popsicles **(No red, purple, or ice cream center)**

Frequently Asked Questions

What are some side effects of a Bowel Prep?

The prep is designed to cause diarrhea within a few hours after drinking it.

You may also experience bloating, nausea, and abdominal discomfort—these are common and normal.

**Tip: Stay home and near a bathroom during this process.

What if I Don't Like the Taste of the Prep?

Try flavoring the solution with powdered drinks like Crystal Light, Lemonade, or Gatorade.

You can also drink something warm (e.g., tea) to help with nausea.

**Tip: Drink slowly or use a straw to make it easier.

If I'm Already Having Diarrhea, Do I Still Need to Drink All the Prep?

Yes, you must drink **ALL** the prep solution as directed.

Your entire colon needs to be cleaned out for the colonoscopy to be effective.

What if My Prep Hasn't Worked Yet?

Everyone responds differently to the prep.

Some people start feeling effects within an hour, while others take longer.

Be patient and continue drinking the prep as instructed.

Can I Drink Alcohol?

Avoid alcohol for several days before your procedure.

Alcohol can cause dehydration and affect blood thinning.

Can I smoke or ingest marijuana?

Avoid Marijuana for at least 5 days prior to your procedure.

Can I Have a Colonoscopy if I'm on My Period?

Yes, the procedure can still be done while you're menstruating.

If possible, use a tampon for comfort.

Can I take an Uber/Lyft, bus, or medical transport by myself?

Public transport (Uber, Lyft, bus) and non-medical transport are not allowed without a chaperone.

You must have a trusted adult with you who can take you home after your procedure.

When Can I Call for Results?

Wait at least 3 weeks before calling for results.

If you haven't heard back then, feel free to contact the office.

Items to bring with you:

- Please bring a list of medications including dosage and frequency
- Insurance Card
- Picture ID / ID Card
- Method of Payment (in case of co-pay)
- Warm socks
- **You will need a driver** - Patients who receive anesthesia are only allowed to leave the facility in the company of a responsible adult.

Covid Precautions:

- When to reschedule:
- If you or anyone you have had contact with has had Covid within 14 days
- If you or anyone you have had contact with is pending the results of a Covid test
- If you or anyone you have had contact with has had any symptoms of Covid o i.e. - Fever (100* F), Cough, Muscle aches, Loss of taste / smell ect.

Day of Procedure:

- Only the patient will be allowed to wait in the waiting room
- We ask that the driver either stay in the car or provide a number to be reached when the patient arrives in recovery