

Your Colonoscopy Bowel Preparation Instructions

Step 1: After Your Colonoscopy Is Scheduled

- Pick up your bowel prep kit (GoLYTELY) from the pharmacy, as soon as possible after it is ordered.

Step 2: Medication Instructions

Blood Thinners

- ☐ **Xarelto®, Eliquis®:** Stop **3 days** before your procedure.
- ☐ **Plavix®:** Stop **5 days** before your procedure.
- ☐ **Coumadin®,** Stop **5 days** before your procedure.

Insulin

- ☐ **Short-acting insulin:** Do **not take** on the day of the procedure.
- ☐ **Long-acting insulin:** Take **half your usual dose** the night before your procedure.

GLP-1 Agonists (used for diabetes or weight loss)

- ☐ **Injectable (e.g., Ozempic®, Wegovy®, Trulicity®, Zepbound®, and BCise® and Mounjaro®):** Stop **1 week** before your procedure.
- ☐ **Oral (e.g., Victoza®, Saxenda®, Byetta® and Adlyxin®):** Stop **24 hours** before your procedure.

Step 3: The Day Before Your Colonoscopy

- You should drink only clear liquids starting from the morning time. **No solid food.**
- Examples of Clear Liquids include water, clear broth, apple juice, tea, coffee (**no milk**) and Colorless Gatorade.
- **No dairy, alcohol, or anything red, blue, or purple.**

Evening Before the Procedure

- **Drink half of your bowel preparation between 6 PM and 8 PM.**

Day of Procedure

- **Drink the remaining half of your bowel prep between 4 AM and 6 AM.**
- Take the simethicone tablets after you finished your bowel prep solution in the morning.
- Finish all prep at least 2 hours before your arrival time.
- Do NOT drink anything after finishing your bowel prep.
- You may take essential morning medications (like blood pressure, thyroid, seizure, and heart medications) with a sip of water unless instructed otherwise.
- **Do not take any oral diabetes medications on the morning of your procedure.**
- Wear comfortable clothing and avoid bringing valuable items.

Remember!!!

- Bring your ID, insurance card, and medication list.
- A responsible adult must accompany you and be available to take you home after the procedure.

If you have any questions or concerns, please contact the Gastroenterology Department at **202-865-1374** between 9:30 AM and 4:30 PM. For after-hours assistance, call **202-865-6100** and ask for the GI fellow on call. They will be able to address your concerns.

Step 4: Bowel Prep Instructions