



Flexible Sigmoidoscopy Prep Instructions For Patients Taking GLP-1 Agonist Medications *Purchase: 2 Fleet® Enemas, Clear Liquids as noted below*

7 Days BEFORE Your Procedure:

- PATIENTS CURRENTLY TAKING A GLP-1 RECEPTOR AGONIST FOR DIABETES OR WEIGHT LOSS** such as Ozempic®, Semaglutide, Mounjaro®, Wegovy®, Rybelsus®, Trulicity®, Victoza® or similar compounded or generic medication, should **contact your prescribing physician for instructions** to safely stop the medication at least 7 days prior to your procedure. **For your safety, your procedure will be rescheduled if these medications are taken within 7 days of your scheduled appointment.**

The Day BEFORE Your Procedure:

NOTICE: OUR OFFICE MAY CALL THE DAY PRIOR TO ADJUST YOUR ARRIVAL TIME AS WE FINALIZE THE CENTER'S SCHEDULE.

- NO BREAKFAST. STOP ALL SOLID FOODS.** No solids, dairy, or alcoholic beverages until after your procedure.
- DRINK** at least **8 glasses (64 oz)** of CLEAR liquids throughout the day and evening.
- CLEAR LIQUIDS (NOTHING RED OR PURPLE):**

Water	Sports Drinks,	Black Coffee
Tea	Soda (light or dark)	Broth
Gelatin	Juice (no pulp)	Popsicles

Procedure Day:

TWO (2) HOURS BEFORE YOUR ARRIVAL:

- You may continue drinking clear liquids until two (2) hours prior to arrival.
- Take your regularly prescribed medications** (Except blood thinners or diabetic/weight loss medication as described).
- Use the two (2) Fleet enemas as directed on the package.**
- NOTHING BY MOUTH for 2 hours before your arrival time - no water, mints or gum.**

BRING WITH YOU:

- Photo ID and Insurance Card**
- Your inhaler, if you use one
- Your insulin, if you use it
- List of all medications**, vitamins and supplements you are taking (include dosage and last date/time taken)
- Wear a short-sleeved shirt. **Leave valuables and phone/ devices at home or with your driver**

IMPORTANT INFORMATION

Please call us with any questions at 801-619-1115

DIABETICS-INSULIN

- Please contact the prescribing physician for diabetic care** if you have any questions regarding your oral medication or insulin dosages.
- If you take oral diabetic medication or insulin, **DO NOT** take it the morning of your procedure.
- Test your blood sugar before coming in for your procedure and bring the reading with you.

BLOOD THINNERS

- If you are taking blood thinners, call your prescribing physician** and ask if it is safe to stop taking the medication prior to your procedure.
- You may continue taking aspirin, ibuprofen and other anti-inflammatory medications.

THIS IS A SEDATED PROCEDURE. A RESPONSIBLE DRIVER MUST REMAIN IN THE FACILITY THROUGHOUT YOUR APPOINTMENT. (90-120 minutes total). NO EXCEPTIONS.

Find Additional Information and Instructions on Our Website

www.GranitePeaksGI.com