

Prescription/Generic Bowel Prep Instructions

7 Days BEFORE Procedure

- **Patients taking Ozempic[®], Semaglutide, Mounjaro[®], Wegovy[®], Rybelsus[®], Trulicity[®], Victoza[®] or similar generic medications for diabetes or weight reduction** will stop these at least 7 days prior to your procedure. **This should be done under the direction of your prescribing physician.** For your safety, your procedure will be rescheduled if these are taken within 7 days of your procedure.
- **Pick up your prep from your pharmacy.** DO NOT mix it until the day you will use it.
- **Purchase:** plenty of clear liquids as described below to stay hydrated.

1 Day BEFORE Your Procedure:

- NOTICE: OUR OFFICE MAY CALL THE DAY PRIOR TO ADJUST YOUR ARRIVAL TIME AS WE FINALIZE THE CENTER'S SCHEDULE.**
- **STOP all solid foods.** NO SOLID FOOD, no dairy, until after your exam.
 - **STOP fiber supplements,** such as Metamucil.
 - Mix and refrigerate the prep solution.
 - **Beginning with a clear liquid breakfast,** continue to drink at least 8 glasses (64 oz) of CLEAR liquids throughout the day and evening. Clear liquids include: Water, sports drinks, black coffee, tea, any soda (light or dark), broth, gelatin, popsicles, and juice without pulp. **NOTHING RED OR PURPLE.**
 - **Begin prep no later than 5:30pm.** Shake or stir prep before each dose. Slowly drink half of the prep over the next 2 hours.
 - Continue drinking clear liquids throughout the evening.
 - A soothing ointment (Desitin, Vaseline) may be applied to the anal area to prevent discomfort and skin breakdown.

Procedure Day:

- **4 hours prior to your appointment,** slowly drink the remaining prep over the next 2 hours.
- You may continue drinking clear liquids until 2 hours prior to arrival. **NOTHING BY MOUTH** for 2 hours before your appointment.
- Bowel movements should be watery and clear yellow or clear green in color, and you should be able to see the very bottom of the toilet bowl. **If you are not passing clear stool or it is still brown 2 hours prior to arrival time, please call our nurses at 801-619-1115 for instructions.**

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

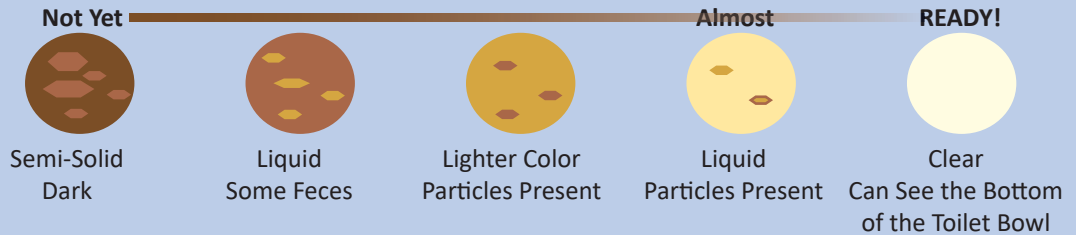
Find Additional Information and Instructions on Our Website

www.GranitePeaksGI.com

IMPORTANT INFORMATION

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

IS YOUR BOWEL READY?



MEDICATIONS

- **Except as noted below, take your regularly prescribed medications with small sips of water at least two (2) hours before you arrive.** Read below for information about blood thinners or diabetic/weight loss medications.

DIABETICS - INSULIN or ORAL MEDS

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

DIABETICS/ WEIGHT LOSS PATIENTS - Semaglutide, GLP-1 Receptor Agonists

- **If you take any of these medications for diabetes or weight loss, talk to your prescribing doctor for instructions to safely STOP the medication at least 7 days prior to your procedure.**
- Examples: Ozempic®, Rybelsus®, Mounjaro®, Wegovy®, Trulicity®, Victoza® or similar compounded or generic medication.
- Monitor your blood sugar levels while off the medication. Adjust insulin accordingly.

BLOOD THINNERS

- **If you are taking prescription blood thinners, call the prescribing physician** and ask if you may stop taking the medication for the required amount of time prior to your procedure.
- You may continue taking ibuprofen, aspirin and other anti-inflammatory medications until the day before your procedure. **DO NOT** take them the day OF your procedure.

BRING WITH YOU

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