



Procedure Reminders

Colonoscopy/Flexible Sigmoidoscopy

Appointment Date: _____ **Arrival Time:** _____

Your **arrival time is 45 minutes prior to your procedure time**. This allows time for check-in, health history review, and pre-procedure evaluation. Please be aware that we may contact you in the days leading up to your procedure, as your arrival time may be subject to change.

Follow all instructions carefully, as improper preparation may result in your procedure being rescheduled.

Contact our office at **(336) 448-2427 (option 6, then option 2)** if you have any questions about your prep or if there are any changes in your medical history between the day of scheduling and the appointment date.

- **Transportation:** Due to the sedation you will receive, someone at least 18 years of age MUST bring you to your appointment and drive you home afterwards. A taxi, bus, Uber, Lyft, or similar service is NOT an acceptable form of transportation. If you arrive without a driver, your procedure will be rescheduled. If you have questions about whether a method of transportation is acceptable, please contact our office at the number listed below.
- **Alcohol Consumption:** Do not consume any alcohol during your procedure preparation.
- **Jewelry/valuables:** We do not provide a secure area for these items.
- **Medications:** Take all necessary medications at least 4 hours prior to your arrival time.
 - **Diabetes and Weight Loss Medications:** Stop taking the below medication for the recommended time period prior to your procedure. For injectable diabetic medication not listed below, contact the prescribing physician regarding instructions for the day before and the day of the procedure. **DO NOT TAKE oral diabetic medication the day of the procedure.**

Do not take any of these the day of procedure:

Adlyxin (Lixisenatide) Daily
Byetta (Exenatide IR) Daily
Rybelsus (Semaglutide) Daily
Saxenda (Liraglutide) Daily
Victoza (Liraglutide) Daily

Stop any of these 1 week prior to procedure:

Bydureon BCise (Exenatide ER) Weekly
Ozempic, Wegovy (Semaglutide) Weekly
Mounjaro Weekly
Trulicity (Dulaglutide) Weekly

- **Blood Pressure Medications:** DO NOT SKIP any doses of your blood pressure medication.
- **Iron Medications:** STOP taking iron 5 days before your procedure.
- **Inhalers and Nebulizers:** May be used up to the time of your procedure.
- **Blood Thinner Medication:** You may remain on aspirin unless otherwise instructed. For prescription blood thinners, contact the physician who prescribes that medication to make sure it is okay to stop taking it for the recommended time period prior to your procedure. If you are on a blood thinner that is not listed, contact the prescribing physician for instructions.

Aggrenox/Plavix: 5-7 days

Arixtra: 24 hours

Brilinta/Coumadin/Jantoven: 5 days

Effient: 7 days

Eliquis: 48 hours

Pletal/Persantine: 48 hours

Pradaxa: 48 hours

Savaysa: 1-3 days

Xarelto: 24-48 hours

FOLLOW THESE INSTRUCTIONS – NOT THOSE ON THE BOX YOU RECEIVE FROM THE PHARMACY!

Items to Purchase

Suprep (prescription)

3 Days Before Procedure

- ✓ Eat a well-balanced diet. Avoid whole grain foods, nuts, seeds, popcorn, raw or dried fruits and vegetables, and salads.

Day Before Procedure Beginning at 12:01am

- ✓ For the entire day before your procedure, you should have **NO SOLID FOOD**. You should begin a clear liquid diet.
 - Clear liquids may include water, soft drinks, coffee or tea without cream, popsicles, broth/bouillon, Jell-O, non-pulpy juice, etc.
 - DO NOT consume anything red in color OR dairy products.
- ✓ At 4:00pm, complete steps 1 through 4 using **only one** of the 6-ounce bottles.

Pour one 6-ounce bottle of Suprep liquid into the mixing container.



Add cool drinking water to the 16-ounce line on the container and mix.



Drink ALL the liquid in the container.



You **MUST** drink two more 16-ounce containers of water over the next hour.



Day of Procedure

- ✓ Continue a clear liquid diet.
- ✓ **6 hours prior to arrival time:** Repeat steps 1-4 (shown above) using the other 6-ounce bottle of Suprep liquid.
- ✓ **4 hours prior to arrival time:** You must be finished with your final glass of water.

ABSOLUTELY NOTHING ELSE BY MOUTH AFTER THIS TIME!