

Colonoscopy Instructions...Please Review Now

Procedure Date: _____

Check in time: _____

Check in location:

OHSU Hillsboro Endoscopy Center

7th Ave Medical Plaza 1st Floor

(333 SE 7th Ave., Ste. 3300 Hillsboro, OR 97123)



1. Arrange Driver/Escort

- You may NOT drive yourself after receiving sedation for your procedure. You must have a responsible adult to receive discharge instructions and accompany you home. Drivers of taxis or ride services such as Ride to Care or Medical Transport do NOT qualify as adults responsible for your care. Bus or Max is NOT acceptable, as you need to be delivered to your residence. It is not necessary for your driver to accompany you during the check-in process. Some additional information will be obtained and verified regarding your driver during preadmission such as their name, phone number, and distance from the Endoscopy Center.



2. Medications

- If you take semaglutide (Ozempic, Wegovy, Rybelsus), dulaglutide (Trulicity), exenatide(ER)(Bydureon Bcise), exenatide (IR)(Byetta), liraglutide (Victoza, Saxenda), lixsenatide (Adlyxin), or tirzepatide (Mounjaro) you must hold this medication for 7 days prior to your procedure or it will be rescheduled.
- If you have diabetes, see separate Diabetes Medication Instructions, or consult your prescribing provider.
- If you take blood-thinning medication, contact the prescribing provider about whether you should stop taking your blood thinners before the procedure.
- 1 hour after drinking the last dose of laxative, take heart, blood pressure, seizure, and thyroid medications with sips of water.



3. Bowel Preparation (Laxative Solution)

- Find and follow the instructions for the bowel preparation you are told to use. Instructions for various bowel preparations are found within this document.

Eating and Drinking Instructions

5 Days Before Your Procedure

- Stop eating the skins and peels of fresh fruits and vegetables, nuts, seeds, corn, and popcorn.
- Stop taking supplements (fiber, herbal, and vitamins).

1 Day Before Your Procedure



Water



Coffee/Tea (No Milk)



Clear Soup Broth



Clear Fruit Juice



Ginger Ale or 7-up



Popsicles/Italian Ice



Examples of
clear liquids



- Begin the clear liquid diet as soon as you wake up in the morning. Avoid clear liquids with red coloring.
- Do not eat any solid foods. Clear Jell-O is acceptable in all flavors except red.
- Do not eat or drink any dairy products (not even milk in coffee or tea).
- Do not drink alcohol.
- Follow the instructions for your bowel preparation.



If you need to contact a gastroenterologist after 5 p.m. the night before your procedure, call **503-681-4310**.

For more information on the colonoscopy procedure and to watch a video prepared by the American Society for Gastrointestinal Endoscopy (ASGE), please copy and paste the following link in your computer browser: https://youtu.be/uCpj_Taw8i4

Day of Procedure:



- Continue a clear liquid diet.
- Nothing more to drink, including water, at least 2 HOURS before your procedure.

• Important:

If you take semaglutide (Ozempic, Wegovy, Rybelsus), dulaglutide (Trulicity), exenatide(ER) (Bydureon Bcise), exenatide (IR)(Byetta), liraglutide (Victoza, Saxenda), lixisenatide (Adlyxin), or tirzepatide (Mounjaro) then nothing more to drink, including water and colonoscopy prep, at least 4 HOURS before your procedure..



1. Bowel Prep

- Drink all of the prescribed laxative, even if stools are liquid.
- Your bowel movements should become clear and watery.



2. Reminders

- **Bring:** Photo ID, insurance card, medication list with the times last taken, and CPAP machine if you use one at home.
- Please do not bring large amounts of money or jewelry.
- Do not apply ointment to rectal area the morning of your procedure.



3. Cancellations/Rescheduling:

- If you had a visit with the gastroenterologist either in person or on the phone and need to make procedure appointment changes or have questions, call **(503) 681-4310**.
- If you did not have a visit with the gastroenterologist and were scheduled over the phone by a nurse and need to make procedure appointment changes or have questions, call **(503) 681-1675**.

Colonoscopy Frequently Asked Questions (FAQs)

1. How long does a colonoscopy take?

The procedure itself usually takes about 30 minutes. Your total time at the endoscopy center (from checking in to discharge) is approximately 2.5 hours. This is an estimation and may vary according to circumstances.

2. Are family or friends allowed to be in the procedure room during my colonoscopy?

Friends and family are not invited to be present in the room during your procedure. You may invite one support person into the endoscopy center with you, if desired, where they can wait with you during admission and recovery. Due to Covid-19, friends and family are discouraged from entering the endoscopy unit. If it is necessary for a friend or family member to be present in the endoscopy center, then they will not be permitted to leave until after you are ready to be discharged home. This time frame is typically 2-2.5 hours.

3. What if I can't find a ride home? Can I walk, take a taxi, or public transportation home?

For your safety, you may NOT drive after sedation for your procedure. You may NOT walk or take the bus or the Max. A taxi or medical transportation is acceptable **if you have a friend or family member to accompany you home. We will not be able to go ahead with your procedure if you do not have suitable transportation arrangements.** If you have absolutely no access to suitable transportation arrangements, please contact us to discuss possible solutions.

4. What should I do if I get sick to my stomach from drinking the prep?

If you become nauseated, you can drink the prep solution more slowly. It may also help to drink the prep with a straw after it has been chilled. If you are drinking your prep cold and still feel nauseous, you can try to warm it up to see if you can tolerate it. **If you cannot tolerate your prep, please contact the gastroenterologist on call at 503-681-4310.**

Colonoscopy Frequently Asked Questions (FAQs)

5. Do I still have to take the second half of my prep even if my bowel movements have become clear yellow?

Yes. Please drink all of your prep solution. If you stop drinking prep as soon as your bowel movements become clear yellow, there still may be stool in your colon which could prevent a thorough visual exam. Please keep hydrated by drinking clear liquids in addition to your prep solution. Stop taking anything by mouth 2 hours before your procedure time, even water and prep solution.

6. All preparations work best when you take them as a split-dose.

This means you take the first dose the evening before your procedure and you take the second dose the day of your procedure. It is very important to drink all of the preparation solution.

7. When will my prep start working?

Response to bowel preps are individual. In most cases, bowel movements will begin within 3 hours after you drink the prep. Drinking plenty of clear liquids will enhance the effect.

8. When will I be able to eat again normally?

Most people can resume their usual diet once they are fully awake after the procedure.

9. When will I have normal bowel movements?

Your bowel movements will return to normal within 2-3 days.

10. Why am I being asked to hold certain diabetes or weight loss medications for 7 days?

All patients taking the following diabetic or weight loss medications:

semaglutide (Ozempic, Wegovy, Rybelsus), dulaglutide (Trulicity), exenatide(ER)(Bydureon Bcise), exenatide (IR)(Byetta), liraglutide (Victoza, Saxenda), lixisenatide (Adlyxin), or tirzepatide (Mounjaro) will need to hold these medications for 7 days before the scheduled procedure (including by mouth or injectable forms or daily/weekly dosing) due to delayed gastric emptying increasing aspiration risk.

If You Are Told to Use GoLYTELY, PEG-3350, Colyte, TriLyte, NuLYTELY or GaviLyte-C

PLEASE NOTE: The directions on the cleansing preparation box may differ from the directions in this section. Read and follow the directions in this section.

Prepare the Solution

All of these colon cleansing preparations come as a powder in a jug. You dissolve the powder in water before you drink the solution.

- Fill the jug about halfway with lukewarm water. Warm water dissolves the powder better than cold water.
- Shake the jug well to dissolve the powder.
- Add cold water to the fill mark on the jug. Again, shake the jug well. The full jug contains sixteen 8-ounce cups of solution.
- **Do not add ice or any flavorings to the solution.**
- Keep the jug away from heat and direct light.
- You may refrigerate the jug or keep it on ice until you drink all the solution.
- Use the solution within 24 hours after you mix it.

The Evening Before Your Procedure

Start at 6 p.m.

- Shake the jug of mixed solution well.
- Drink one 8-ounce cup (240 milliliters) of the solution. Drink it quickly. The solution will not work as well if you sip small amounts.
- Every 10 to 15 minutes, quickly drink another cup of solution.
- Do this until you drink half (8 cups) of the solution. This will take about three hours.
- Keep the rest of the solution to drink on the day of your procedure. Keep the jug away from heat and direct light. You may refrigerate the jug or keep it on ice.

The Day of Your Procedure

Start at least 4 hours before your scheduled check-in time.

- Shake the jug of mixed solution well.
- Quickly drink one 8-ounce cup of the solution.
- Every 10 to 15 minutes, quickly drink another cup of solution.
- Do this until you drink the rest of the solution.
- **If your health care provider ordered bisacodyl tablets for you:** Take them after you finish drinking the solution. Swallow the tablets whole with a full glass (8 ounces) of water. These tablets help the solution cleanse your colon better.

Two hours before your scheduled check-in time:

- Stop drinking clear liquids.
- Nothing more by mouth, including water.

If You Are Told to Use Suprep

PLEASE NOTE: The directions on the Suprep box may differ from the directions in this section. Read and follow the directions in this section.

Suprep comes with two 6-ounce bottles of solution and a 16-ounce mixing container.

The Evening Before Your Procedure

Start at 6 p.m.

- Pour one bottle of solution into the mixing container.
- Add cold water to the 16-ounce (480 milliliter) line on the container and mix. **Do not drink Suprep without adding water.**
- Drink all the mixed solution in the container.
- Over the next hour, drink two 16-ounce containers of water. This step is important. It keeps you hydrated and helps the solution cleanse your colon better.

The Day of Your Procedure

Start at least 4 hours before your scheduled check-in time.

- Pour the second bottle of solution into the mixing container.
- Add cold water to the 16-ounce (480 milliliter) line on the container and mix.
- Drink all the mixed solution in the container.
- Drink two 16-ounce containers of water.

Two hours before your scheduled report time:

- Stop drinking clear liquids.
- Nothing more by mouth including water.

If You Are Told to Use MiraLAX

PLEASE NOTE: The directions on the MiraLAX box may differ from the directions in this section. Read and follow the directions in this section.

MiraLAX comes in an 8.3-ounce (238 grams) bottle.

Shopping List

- ◆ One 8.3 ounce bottle or 14 capfuls of polyethylene glycol (Miralax) powder
- ◆ One bottle of 5 milligram bisacodyl (Dulcolax) tablets
- ◆ One 64 ounce bottle of Gatorade or Powerade. Yellow, blue, or white colors are okay. If you are diabetic or prefer a low sugar beverage, Gatorade or Powerade Zero is okay to use.

Prepare the Solution

- Mix 64 ounces of room temperature yellow, white, or blue Gatorade or Powerade with the bottle of MiraLAX.
- Refrigerate the prepared solution.

The Evening Before Your Procedure

Start at 6 p.m.

- Take two 5-milligram bisacodyl tablets. Swallow the tablets whole with water.
- Drink 32 ounces of the solution.

The Day of Your Procedure

Start at least 4 hours before your scheduled check-in time.

- Drink the rest of the solution.

Two hours before your scheduled check-in time:

- Stop drinking clear liquids.
- Nothing more by mouth, including water.

If You Are Told to Use MoviPrep

PLEASE NOTE: The directions on the MoviPrep box may differ from the directions in this section. Read and follow the directions in this section.

Do not use MoviPrep solution if you have an allergy to vitamin C or aspartame or if you have a G6PD deficiency. Contact your health care provider for a different preparation.

Prepare the Solution

MoviPrep comes with a mixing container and 2 sets of packets. Each packet contains 2 pouches of powder. You dissolve the powder in water before you drink the solution.

To prepare your evening dose:

- Empty one “Pouch A” and one “Pouch B” into the mixing container.
- Add lukewarm drinking water to the top line of the container. Warm water dissolves the powder better than cold water.
- Shake the container well to dissolve the powder.
- You may mix the solution ahead of time and refrigerate it until you start to drink it.
- **Do not add ice or any flavorings to the solution.**
- Use the solution within 24 hours after you mix it.

The Evening Before Your Procedure

Start at 6 p.m.

- You will see four marks on the container. Each mark shows about 8 ounces (240 milliliters) of fluid.
- At 6 p.m., start to drink the mixed solution. Drink to the first mark on the container.
- Every 15 minutes, drink to the next mark. Be sure to finish all the solution.
- After you finish the solution, drink at least 16 ounces (two 8-ounce cups) of clear liquids. This step is important. It keeps you hydrated and helps the solution cleanse your colon better.
- If you wish, you may now mix the second container of solution that you will use the next morning. See *Prepare the Solution*.

The Day of Your Procedure

Start at least 4 hours before your scheduled check-in time.

- Mix the second container of solution if you did not do so the evening before. See *Prepare the Solution*.
- Start to drink the second container of mixed solution. Drink to the first mark on the container. Every 15 minutes, drink to the next mark. Be sure to finish all the solution.
- After you finish the solution, drink at least 16 ounces (two 8-ounce cups) of clear liquids.

Two hours before your scheduled check-in time:

- Stop drinking clear liquids.
- Nothing more by mouth, including water.

If You Are Told to Use Clenpiq

PLEASE NOTE: The directions on the Clenpiq box may differ from the directions in this section. Read and follow the directions in this section.

Clenpiq comes with a dosing cup and two packets of powder.

The Evening Before Your Procedure

Start at 6 p.m.

- Fill the dosing cup with cold water to the 5-ounce line on the cup.
- Pour one packet of Clenpiq into the cup. Stir for two to three minutes to dissolve the powder.
- Drink all the prepared solution.
- Within the next five hours, drink five 8-ounce cups of clear liquids. This step is important. It keeps you hydrated and helps the solution cleanse your colon better.

The Day of Your Procedure

Start at least 4 hours before your scheduled check-in time.

- Fill the dosing cup with cold water up to the 5-ounce line on the cup.
- Pour the contents of the other packet of Clenpiq into the cup. Stir for two to three minutes to dissolve the powder.
- Drink all the prepared solution.
- Drink three 8-ounce cups of clear liquids. Drink one cup every 10-15 minutes.

Two hours before your scheduled check-in time:

- Stop drinking clear liquids.
- Nothing more by mouth, including water.

If You Are Told to Use SUTAB

PLEASE NOTE: The directions on the SUTAB box may differ from the directions in this section. Read and follow the directions in this section.

The Evening Before Your Procedure

Start at 5 p.m.

- Open 1 bottle of 12 tablets.
- Fill the provided container with 16 ounces of water (to the fill line). Swallow each tablet with a sip of water. Finish the entire amount of water over 15 to 20 minutes. You may pause or slow your rate of drinking the additional water if bloating, cramping, or nausea occurs.
- Approximately 1 hour after the last tablet is swallowed, fill the provided container a second time with 16 ounces of water. Drink the entire amount over 30 minutes.

The Day of Your Procedure

Start 5-8 hours prior to your procedure time.

- Open the second bottle of 12 tablets.
- Fill the provided container with 16 ounces of water (to the fill line). Swallow each tablet with a sip of water. Finish the entire amount of water over 15 to 20 minutes. You may pause or slow your rate of drinking the additional water if bloating, cramping, or nausea occurs.
- Approximately one hour after the last tablet is swallowed, fill the provided container a second time with 16 ounces of water. Drink the entire amount over 30 minutes.

Two hours before your scheduled check-in time:

- Stop drinking clear liquids.
- Nothing more by mouth, including water.

****Rebate cards may be available to lower the cost of this prescription. For more information please visit www.sutab.com. Terms and conditions may apply.**

3 Days Before Your Procedure:

Stop taking Jardiance, Farxiga, Invokana, Stegatro if prescribed

Diabetic Medication Instruction for Day Before Procedure

If you take	Morning	Lunch/Dinner	Bedtime
Actos, Actoplus Met, Avandamet, Avandia, Janumet, Januvia, Metformin	Take your usual dose	Hold pm dose	
Amaryl (glimepiride), Avandaryl, Duetact, Glipizide, Glucovance, Glyburide,	Do not take	Do not take	
Lantus, or NPH insulin	Take your usual dose		Take half of your usual dose
Humalog,Novolog, or Regular insulin	Take half the usual amount if you take a fixed dose OR cover your carbs with your usual carb ratio	Take half the usual amount if you take a fixed dose OR cover your carbs with your usual carb ratio	
Novalog Mix 70/30, Novolin 70/30, Premixed Insulin 75/25	Take half the usual dose at breakfast	Take half the usual dose at dinner	

Diabetic Medication Instruction for Day Of Procedure:

If you take	Morning	Lunch/Dinner	Bedtime
Actos, Actoplus Met, Avandamet, Avandia, Janumet, Januvia, Metformin	Do not take	Do not take	
Amaryl (glimepiride), Avandaryl, Duetact, Glipizide, Glucovance, Glyburide, Metaglip, Prandin, Starlix	Do not take	Resume your usual dose if eating	
Lantus, or NPH insulin	Take half of the usual dose		Resume your usual dose
Humalog, Novolog, or Regular insulin	Do not take	Resume your usual dose if eating	
Novalog Mix 70/30, Novolin 70/30, Premixed Insulin 75/25	Do not take	Resume your usual dose if eating	