Snoqualmie Valley Health

LIVE BOLDLY.
LIVE WELL.

Dear _____,

Thank you for allowing us to serve you! Your appointment details are as follows:

Procedure: COLONOSCOPY

Where: Snoqualmie Valley Hospital Endoscopy Unit (check in at main hospital front desk)

Date: _____

Check-In Time: _____

**Important:** Please read all instructions thoroughly at least 2 weeks prior to your procedure. Ensure that you have picked up your bowel preparation solution and have it on-hand to prevent last-minute cancellations!

1. You ***will not*** be able to drive yourself home, arrange for a ride
2. Your appointment will last approximately 1.5-2 hours.

Please call us at (425) 831-3537 with any questions or concerns!

Thank you,

Snoqualmie Valley Hospital Endoscopy Unit

# COLONOSCOPY PREPARATION INSTRUCTIONS

## 7 DAYS BEFORE your Colonoscopy

- **Make sure you have a responsible adult** (18 years or older) to drive you home and stay with you on the day of your procedure. For safety reasons your procedure will be canceled if you do not have someone to go home with you.
- **If you are diabetic, taking diabetes medications, taking blood pressure or weight loss medications**, please refer to the instructions or adjustments to your medication listed below.
- **Inform the Endoscopy department if** you have a pacemaker, defibrillator, or other implanted electronic device.
- **Start a low fiber diet** – see below for low fiber diet guide
- **If you take aspirin or other blood thinning medication daily**, contact your doctor for instructions on holding this medication

## 1 DAY BEFORE your Colonoscopy

**Do not consume alcohol, use marijuana, take mind-altering medications, or use illicit drugs within 24 hours of your procedure**

- **Avoid foods that contain red, blue or purple dyes –** these may interfere with your procedure
- **It is recommended** to buy flushable wet wipes to help with discomfort once you begin taking your bowel prep
- **Stop eating solid food and start a clear liquid diet 24 hours before your procedure, drink 2-3 liters of clear liquids throughout the day BEFORE your procedure**

| You may have ONLY CLEAR LIQUIDS, such as: | | |
|---|---|---|
| ✓ Black coffee or tea (sugar is OK) | ✓ Popsicles or Jello-O (no red or blue) | ✓ Bouillon/broth |
| ✓ Soda (clear or cola is OK) | ✓ Fruit juice: apple, white grape, white cranberry | ✓ Water (flavored water/coconut water (no pulp) |
| ✓ Clear sports drinks: Gatorade, Pedialyte | | |
| **DO NOT DRINK:** | | |
| × Milkshakes | × Juice that is not clear: orange, pineapple, grapefruit and tomato | × Alcohol |
| × Smoothies | | |
| × Milk, dairy or non-dairy | × Cooked cereal | |

- **Step 1: At 5pm,** pour one 6-ounce bottle of SuPrep into the provided container or a large glass and add 16 ounces of water
- **Step 2:** Drink the entire 16-ounce mixture
- **Step 3:** Over the next hour, drink two more 16-ounce glasses of water

## DAY OF your Colonoscopy

- **Five to six hours before your check in time**, follow steps 1-3 above.
- Take your normal medications and **continue drinking clear liquids until 3 hours before your check-in time**
- After drinking all of your bowel prep, your bowel movements should be liquid yellow and clear **– it is important to finish the bowel prep solution even if you have several clear bowel movements in a row.**
- **Three hours prior to your check-in time, STOP taking anything by mouth, including water/fluids, gum, mints, and lozenges.**

# COLONOSCOPY PREPARATION INSTRUCTIONS

**Additional Information:**

- You can plan to be at the hospital for 1 ½ - 2 hours for your procedure.
- Bowel movements can take up to 2 hours to start after beginning the prep, but may take longer, depending on the person.
- If you have nausea or vomiting, stop and take a break from drinking the bowel prep, then start taking it again at a slower rate. Refrigerating the prep may help reduce nausea. Try using a straw. Attempt to drink all of the prep, even if it takes longer.

## AFTER your Colonoscopy

- **You must have a responsible adult (18 years or older) or approved Cabulance service available to take you home after your procedure.** You cannot drive, walk, take a taxi/Uber/Lyft, use Hopelink, or take public transportation home **WITHOUT** a responsible adult with you.
- **Do not drive,** operate machinery, sign legal documents, or care for other people for the rest of the day.
- Avoid alcohol/marijuana/sedatives for 24 hours.
- If biopsies were taken, do not take blood thinners such as; aspirin/ibuprofen/Motrin/Advil/Aleve for 24 hours, unless directed by your healthcare provider. You can take Tylenol.
- You can eat and drink normally and continue taking your normal medications.

***Cancellations/Reschedules: If you need to cancel/reschedule your procedure, please give us 4 days' notice and call the Endoscopy department at 425-831-3537.***

# COLONOSCOPY PREPARATION INSTRUCTIONS

## Medication Management Pre-Colonoscopy Procedure

| | |
|---|---|
| **Anti-hypertensives** | Do not take the morning of your procedure, unless otherwise directed by your physician |
| **Beta-blockers** (Metoprolol, Propranolol, Atenolol, Carvedilol…) | Do not take the morning of your procedure, unless otherwise directed by your physician |
| **General Guidelines for Diabetic and Weight Loss Medications** | |
| **GLP-1 (Taken Daily)** | • Do not take the day before or day of your procedure |
| **GLP-1 (Taken Weekly)** | • Do not take for 7 days prior |
| **Biguanides** (metformin) | • Stop taking once you start clear liquid diet<br>• Resume after your procedure, once you have eaten |
| **DPP-4 Inhibitors** (sitagliptin (Januvia), linagliptin (Tradjenta)…) | • Do not take morning of your procedure<br>• Resume evening of procedure |
| **SGLT-2 Inhibitors** (empagliflozin (Jardiance), dapagliflozin (Forxiga)) | • Stop taking 3 days before your procedure<br>• Resume after your procedure, once you have eaten |
| **Sulfonylurea's** (glipizide (Glucotrol), glimperide (Amarly), glyburide (DiaBeta)) | • Do not take morning of your procedure<br>• Resume after your procedure, once you have eaten |
| **Insulins** (Lantus, NovoLog, Humalog, Humilin) | • **Contact your prescribing Provider for instructions on how to take your insulin prior to your procedure** |

**For people with diabetes, any procedure that requires skipping a meal needs special planning to keep blood sugar at a safe level. During bowel preparation for a colonoscopy, it is important to adjust your diabetes medications and closely monitor your blood sugar levels. If you use insulin or have a history of low blood sugar, check your blood sugar every 4–6 hours the day before the procedure and on the day of the procedure. You should also check your blood sugar any time you notice symptoms of low or high blood sugar.**

**Contact your primary care provider as soon as possible if you have questions or need further instructions on how to manage your medications while preparing for your colonoscopy.**

| | |
|---|---|
| **Herbal Supplements, Fish Oil and other Oils** | Do not take for 7 days prior to your procedure |
| **Pepto-Bismol, Iron Supplements** | Do not take for 7 days prior to your procedure |
| **Multivitamins** | Take as normal |

Snoqualmie Valley Health

# COLONOSCOPY PREPARATION INSTRUCTIONS

## Low Fiber Diet Guide – Start 7 days prior to your Colonoscopy

| | Milk & Dairy | Breads & Grains | Meat/Seafood/Protein | Legumes | Fruits |
|---|---|---|---|---|---|
| **Okay to Eat:** | ✓ Milk<br>✓ Cream<br>✓ Hot Chocolate<br>✓ Buttermilk<br>✓ Cheese<br>✓ Sour Cream | ✓ Breads and Grains made with white flour<br>✓ White Rice<br>✓ Plain crackers<br>✓ Low-fiber cereal (cream of wheat/cornflakes | ✓ Chicken<br>✓ Turkey<br>✓ Lamb<br>✓ Eggs<br>✓ Lean Pork<br>✓ Fish and seafood, except salmon<br>✓ Tofu/Seitan<br>✓ Protein powder | | ✓ Juice without pulp<br>✓ Apple sauce<br>✓ Canned or cooked fruit without seeds or skins<br>✓ Melon<br>✓ Peeled apricots and peaches |
| **Do Not Eat:** | × Yogurt mixed with seeds, nuts, granola or fruit with skins/seeds | × Brown or wild rice<br>× Whole-grain bread, rolls, pasta or crackers<br>× Whole-grain or high-fiber cereal (granola, oatmeal)<br>× Bread or cereal with nuts or seeds | × Salmon<br>× Tough meat with gristle<br>× Tempeh | × Peas<br>× Beans<br>× Lentils<br>× Any other legumes | × Fruits with seeds, skins or membranes (berries, pineapple, apple, oranges)<br>× Dried fruit<br>× Any cooked or canned fruit with seeds or skins |
| | **Nuts & Seeds** | **Fats & Oils** | **Desserts** | **Soups** | **Vegetables** |
| **Okay to Eat:** | ✓ Creamy (smooth) nut butters | ✓ Butter<br>✓ Margarine<br>✓ Vegetable & other oils<br>✓ Mayonnaise<br>✓ Salad dressing without nuts or seeds | ✓ Custard<br>✓ Plain pudding<br>✓ Ice cream (w/out nuts or seeds)<br>✓ Sorbet or Sherbet<br>✓ Jell-O (no red or blue)<br>✓ Cookies or cake made with white flour and without seeds, nuts or fruit | ✓ Broth, bouillon, and strained soups<br>✓ Milk or cream-based soups, strained | ✓ Canned or cooked vegetables without seeds or skins<br>✓ Potatoes without skins |
| **Do Not Eat:** | × Nuts<br>× Chunky nut butters<br>× Seeds | × Salad dressing with nuts or seeds | × Coconut<br>× Anything with nuts or seeds<br>× Anything with red or blue dye<br>× Anything made with whole-grain flour | × Unstrained soups<br>× Chili<br>× Lentil soup<br>× Pea soup<br>× Bean soup<br>× Corn soup | × Raw vegetables with skins, seeds or peel<br>× Corn<br>× Potatoes with skin<br>× Cucumbers<br>× Tomatoes<br>× Cooked cabbage or brussels sprouts<br>× Green peas<br>× Squash<br>× Lima beans<br>× Onion |

*Please call the Endoscopy Nurse Team at 425-831-3537 with ANY questions or concerns*