

# Endoscopic Solutions General Bowel Prep Instructions

## 5-7 days prior to colonoscopy

- Pick up bowel prep supplies
- If you take a GLP-1 **hold** injection the week prior. (ex. Mounjaro, Ozempic, Trulicity, Bydureon, Wegovy, Semaglutide)
- **If you take blood thinners you need the prescriber's permission to hold for 2-7 days prior**
- Call your insurance company to ensure you are covered
- **If you must cancel, please give us 72 hours notice to avoid a \$100 cancellation fee**
- **PLEASE EAT A LOW RESIDUE DIET:**
  - Look for any foods that have no more than 1-2 grams of fiber in one serving.
  - White bread with no nuts or seeds.
  - White rice.
  - Well cooked vegetables without skin or seeds.
  - Fresh fruit like bananas, cantaloupe, honeydew, and watermelon.
  - Eggs, Fish, Poultry, Meat
  - Dairy products
- **PLEASE AVOID SEEDS, NUTS, POPCORN, CORN, BEANS, TOMATOES, CELERY**

## One day prior to your colonoscopy

- **Switch to a clear liquid diet**
- **AVOID RED/BLUE/PURPLE**
  - Water (plain, carbonated or flavored)
  - Fruit juices without pulp, such as apple or white grape juice
  - Fruit-flavored beverages, such as fruit punch or lemonade
  - Carbonated drinks, including dark sodas (cola and root beer)
  - Gelatin
  - Tea or coffee without milk or cream
  - Sports drinks
  - Clear, fat-free broth (bouillon or consomme)
  - Honey or sugar
  - Hard candy, such as lemon drops or peppermint rounds
  - Ice pops without milk, bits of fruit, seeds or nuts
- You will receive a call with your final procedure time. Make sure you have a driver for the procedure.
- You can continue baby aspirin.
- **Please review your prep instructions and start as instructed.**

## Day of the colonoscopy

- **Start second dose of your bowel prep as instructed, generally 6 hours prior to the procedure\***
- Finish your prep and stop clear liquids at least 4 hours prior to procedure
- Stool should be clear!

\*This may be in the middle of the night depending on your procedure time