



GASTROENTEROLOGY SPECIALISTS, INC.

10210 East 91st Street South
Tulsa, OK 74133
(918) 940-8500

Medication Instructions

- * **High Blood Pressure Patients:** Take your morning dose of blood pressure medication.
- * **Diabetic Patients on Insulin:** Take 1/2 dose of your PM insulin the day before your procedure.
- * **Diabetic Patients:** Do not take any insulin or diabetic medication by mouth the day of your procedure **UNLESS** your blood sugar is higher than 300g/dL. If this occurs, take insulin according to your sliding scale.
- * After consulting with your physician, **STOP TAKING:**

Blood Thinners		
⇒ If you take 81mg Aspirin for heart protection, DO NOT STOP IT.		
7 Days before procedure	5 Days before procedure	2 Days before procedure
<ul style="list-style-type: none"> • Plavix (Clopidogrel) • Aggrenox • Effient (prasugrel) 	<ul style="list-style-type: none"> • Brilinta (Ticagrelor) • Coumadin (warfarin) • Fish oil 	<ul style="list-style-type: none"> • Eliquis • Pradaxa • Xarelto

If taking below medications for Diabetic management and/or Weight Loss STOP:	
7 Days before procedure	3 Days before procedure
<ul style="list-style-type: none"> • Ozempic (Semaglutide) • Wegovy (Semaglutide) • Mounjaro (Tirzepatide) • Trulicity (Dulaglutide) • Rybelsus (Semaglutide) • Bydureon (Exenatide) • Zepbound (Tirzepatide) 	<ul style="list-style-type: none"> • Byetta (Exanatide) • Victoza (Liraglutide) • Saxenda (Liraglutide)

****Due to potential anesthesia complications, your procedure may be canceled if you do not stop medications per recommendation****

3 Days before colonoscopy, STOP
<ul style="list-style-type: none"> • Iron and Bulk Laxatives • Metamucil • Effersyllium • Avoid high-fiber foods

Colonoscopy Miralax Preparation Instructions for

Patients on below medications for Diabetes and/or Weight Loss

!!Please do not follow the directions on your prep box/bottle. They will be different than our instructions!!

7 Days before procedure STOP:	3 Days before procedure STOP:
<ul style="list-style-type: none">• Ozempic (Semaglutide)• Wegovy (Semaglutide)• Mounjaro (Tirzepatide)• Trulicity (Dulaglutide)• Rybelsus (Semaglutide)• Bydureon (Exenatide)• Zepbound (Tirzepatide)	<ul style="list-style-type: none">• Byetta (Exanatide)• Victoza (Liraglutide)• Saxenda (Liraglutide)

3 days before procedure

- * **STOP:** Iron and Bulk Laxatives, Metamucil, Effersyllium, AVOID high-fiber foods
- * **START:** MiraLAX 1 capful (or 1 packet) twice a day

Day before procedure

- * **When you wake up, begin a clear liquid diet**

- Do not eat any solid foods or dairy products or drink alcohol. Do not drink anything red or purple
- Clear liquids include: water, soda, sports drinks, clear broth or bouillon, black coffee, black tea, popsicles, plain Jell-O, and clear fruit juices without pulp (white grape, apple juice)

Take half of your prep the **afternoon** (2-4 pm) before your procedure. **You will be prescribed Miralax 8 ounce bottle:**

- Mix and drink 4 ounces Miralax with 32 ounces clear liquid such as water or Gatorade
- * **Take the second half of your prep** the **evening** (6-8 pm) before your procedure finish remaining Miralax:
 - Mix and drink remaining 4 ounces Miralax with 32 ounces clear liquid such as water or Gatorade

!! IMPORTANT !! NOTHING in your mouth 8 HOURS before your procedure arrival time. DO NOT:

- Eat food, mints, gum, or candy
- Drink anything, including water
- Chew tobacco or nicotine

Day of procedure

- * Please do not smoke
- * You may brush your teeth.
- * **High Blood Pressure Patients:** Take your morning dose of blood pressure medication.

To avoid possible procedure cancellation:

1. Do not eat or drink anything before your procedure as explained above
2. Arrive for your procedure **45 minutes** before your scheduled procedure time
3. Bring a responsible adult who can remain at GSI throughout your entire procedure
4. Do not follow the instructions on the box
5. **Any female who has had a menstrual period within the last year will be required to take a urine pregnancy test upon arrival. Please do not urinate in the lobby.**

Colonoscopy Miralax Preparation Instructions

For Patients Not on Weight Loss and/or Diabetic Injections

- ⇒ **Please do not follow the directions on your prep box/bottle. They will be different than our instructions**
- ⇒ Please do not smoke the day of your procedure.
- ⇒ **High Blood Pressure Patients:** Take your morning dose of blood pressure medication.
- ⇒ Diabetics on Insulin **See Medication Instruction Page**

To avoid possible procedure cancellation:

1. Do not eat or drink anything before your procedure as explained below
2. Arrive for your procedure **45 minutes** before your scheduled procedure time
3. Bring a responsible adult who can remain at GSI throughout your entire procedure
4. **Any female who has had a menstrual period within the last year will be required to take a urine pregnancy test upon arrival. Please do not urinate in the lobby.**

3 days before procedure, STOP: Iron and Bulk Laxatives, Metamucil, Effersyllium, AVOID high-fiber foods

Morning (AM) procedure

Day before procedure

- * **When you wake up, begin a clear liquid diet**

Do not eat any solid foods or dairy products or drink alcohol. Do not drink anything red or purple

Clear liquids include: water, soda, sports drinks, clear broth or bouillon, black coffee, black tea, popsicles, plain Jell-O, and clear fruit juices without pulp (white grape, apple juice)

Take half of your prep the **afternoon (2-4 pm) before your procedure. You will be prescribed Miralax 8 ounce bottle:**

- Mix and drink 4 ounces Miralax with 32 ounces clear liquid such as water or Gatorade

- * **Take the second half of your prep the **evening** (6-8 pm) before your procedure.**

- Mix and drink remaining 4 ounces Miralax with 32 ounces clear liquid such as water or Gatorade.

!! IMPORTANT !! After midnight, DO NOT:

X Eat food, mints, gum, or candy **X** Drink anything, including water **X** Chew tobacco and nicotine

Afternoon (PM) procedure

Day before procedure

- * **When you wake up, begin a clear liquid diet**

Do not eat any solid foods or dairy products or drink alcohol. Do not drink anything red or purple

Clear liquids include: water, soda, sports drinks, clear broth or bouillon, black coffee, black tea, popsicles, plain Jell-O, and clear fruit juices without pulp (white grape, apple juice)

- * **Take half of your prep the **evening** before your procedure. You will be prescribed Miralax 8 ounce bottle:**

- Mix and drink 4 ounces Miralax with 32 ounces clear liquid such as water or Gatorade

- * **After midnight, DO NOT** consume anything by mouth (food, chewing tobacco or nicotine, mints, gum, or candy) except your prep solution and water as directed below.

Day of procedure

- * **Take the second half of your prep the **day of** your procedure **at least 6 hours before your procedure.****

- Mix and drink remaining 4 ounces Miralax with 32 ounces clear liquid such as water or Gatorade

- * **!! IMPORTANT !!** You must finish your entire prep medication and stop drinking any liquids **no later than 4 hours before your procedure arrival time.**



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Home Care Instructions After Your Procedure

During your procedure you will be given medication that may affect your memory of the day's events. Other normal side effects of the medicine may include confusion, irritability, drowsiness or a drunken-like state. Resting at home is the best way to recover.

Your speech, posture, hand control, and ability to work may be affected for 24 hours. A responsible person needs to drive you home after the procedure, and someone should stay with you for your safety until the effects of the medication have subsided.

- * Do not make any important decisions or sign important documents for 24 hours.
- * Do not drive or operate any machinery for 24 hours.

After your procedure, resume your usual diet unless instructed otherwise by your physician.

Do not drink alcoholic beverages for 24 hours.

If you take blood thinning medication you should ask your physician when it is safe to resume.

If you take prescription medicines on a regular basis, ask your physician which ones you should take after your procedure.

Do not take any muscle relaxants, sedatives, hypnotics or mood altering medicines for 24 hours unless ordered by your physician. If you have pain, you may take over the counter medicines such as Tylenol.

Call your physician if you have any of the following symptoms after your procedure:	
<ul style="list-style-type: none">• Blue Skin• Unable to Arouse• Bleeding	<ul style="list-style-type: none">• Difficulty Breathing• Pain Not Relieved by Medicine• Fever or Chills

GSI Phone Number: (918) 940-8500

www.gsitulsa.com