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➤ **YOU SHOULD STOP BLOOD THINNERS LIKE COUMADIN (WARFARIN), PLAVIX (CLOPIDOGREL), AGGRENOX, ELIQUIS, BRILLINTA, TICLID, XARELTO AND PRADAXA AS PRESCRIBED BY THE DOCTOR.**

➤ **If you take medications such as Wegovy, Ozempic, Trulicity, Mounjaro, Saxenda, Victoza, Rybelsus, and Byetta.**

These medications are widely prescribed to treat diabetes and to promote weight loss. These medications decrease gastric emptying and food can remain in the stomach for longer than someone who is not taking these medications. This can pose an increased risk of regurgitation and pulmonary aspiration (stomach contents ending up in lung) during the procedure.

Patients will need to be off these medications for two doses prior to procedure.

Please consult your PCP or prescribing MD to determine if it is safe to be off these medications for this duration (two doses prior to procedure), and to manage your condition while not taking these medications.

If you are taking these medications weekly, stop one-week prior to your procedure (2 doses).

If you are taking these medications daily, two doses will be at least 3 days.

➤ **The day of your procedure you should take your blood pressure medications including Aspirin. If you take Diabetes medications do not take them unless authorized by the Doctor.**

**YOU SHOULD HAVE SOMEONE TO PICK YOU UP AFTER THE PROCEDURE; IF YOU DO NOT HAVE ONE YOUR PROCEDURE WILL BE RESCHEDULED.**

**Pick up medications from the Pharmacy: Plenvu**

### **DAY BEFORE YOUR COLONOSCOPY**

- **AVOID SOLID FOOD, MILK AND LIQUID WITH RED COLOR**

Before 8:00 AM on the day prior to the procedure, you may have a low fiber breakfast (examples include white bread, soda crackers, white rice, eggs).

- Please have a clear liquid diet the day before your colonoscopy. These liquids include **Apple and Lemon juice, coconut water (without pulp), chicken or beef broth, Seven Up, Ginger ale, Sprite, seltzer water, Jell-O (pineapple or orange), Gatorade (Orange or lime), Coffee, water, or tea.**

- **At 6:00 PM:** Add Dose 1 (1 pouch) into the mixing container that comes with your PLENVU. Add water to the fill line. You will need to add at least 16 ounces. Mix with spoon or shake with lid until PLENVU has dissolved. Drink the mixed solution within 30 minutes.

Once you've finished the solution, rinse the container, and fill again with water to the fill line (16 oz.).

Finish drinking the water within 30 minutes. After this you can continue with your liquid diet until midnight.

### **DAY OF YOUR COLONOSCOPY**

Prepare the second dose **four hours before your procedure** \_\_\_\_\_. Repeat the same instructions mentioned above, but this time include Dose 2 (pouch A and pouch B).

### **AFTER YOUR PROCEDURE**

**You should inform your doctor if experience Fever above 100 °F, Abdominal pain or Rectal bleeding; Call at 911 or 212-795-1021.**