

COLONOSCOPY INSTRUCTIONS: CITRO-MAG

(For patients taking Ozempic/Wegovy/Mounjaro/Saxenda/Zepbound/Rybelsus or any other similar medication)

Background:

Colonoscopy is a procedure used to diagnose diseases such as colon cancer, colitis and diverticulosis and to identify polyps. A colonoscope, a thin, flexible tube, is passed through the rectum into the colon to allow the doctor to look at the whole colon and the lower part of the small intestine. A small video camera is attached to the colonoscope so that pictures or video of the large intestine can be taken. If any abnormality is found, a biopsy or polyp removal (polypectomy) may be performed.

Our professional staff is here to make you as comfortable as possible during your procedure. Please follow these instructions carefully to ensure the highest level of safety and effectiveness. If you have any concerns before your appointment, please call the Clinic. Allow 24 hours for a response.

Understanding the risks:

A colonoscopy is a potentially lifesaving procedure but, as with any invasive procedure, there are potential risks. Bleeding and bowel perforation requiring treatment rarely occur. After your procedure, if you are experiencing significant pain or bleeding at home, and it is after clinic hours, please go to the nearest hospital emergency department immediately.

Cancellations:

To avoid a \$200 cancellation fee, you must advise us at least 3 business days in advance of your procedure if you need to cancel or reschedule.



Getting Ready for your Colonoscopy:

(For patients taking Ozempic/Wegovy/Mounjaro/Saxenda/Zepbound/Rybelsus or other similar meds)

For effective screening of your colon, you need to prepare so that your colon is completely empty on the day of your procedure.

1. BMI

Kindly understand that if your BMI shows to be over 40 the day of your appointment, we will cancel your appointment. The clinic's protocol, in order to ensure safety, is such that any patients with a BMI over 40 should be seen in a hospital setting. Please be aware of this and be sure you have given us the correct height and weight prior to your appointment.

2. FIND SOMEONE WHO CAN DRIVE YOU HOME

- In advance of your appointment, arrange for an adult friend or relative to escort you home from the Clinic. You will be sedated, and you will not be allowed to leave the Clinic without a competent escort.
- Your procedure may be cancelled if you do not have someone to pick you up.

3. CONSULT YOUR PHYSICIAN IF...

- **You have kidney or heart disease:** Ask your physician or cardiologist if you can take CITRO-MAG, which is one of the preparations you will ingest. If you can't, consult with the clinic about alternatives.
- **You have diabetes, or if you are insulin dependent:** Consult your physician regarding your insulin requirements during the time when your food intake will be restricted. It is recommended that you review this schedule with your doctor. Be sure to make a morning appointment for your colonoscopy.
- **You take blood thinners:** Most blood thinners need to be stopped 2 to 5 days before your colonoscopy, depending on the type, and on the advice of your cardiologist. This chart shows when to stop taking blood thinners, but whether it is shown or not, **CONSULT YOUR CARDIOLOGIST**. Please note: If the blood thinner you have been taking is **Warfarin** or **Coumadin** you must have an INR blood test the **day before your appointment**. Ensure that the results are faxed or emailed to our clinic, or bring them with you.



Blood thinner	When to stop taking
Clopidogrel (Plavix)	5 days before your appointment
Ticagrelor (Brilinta)	5 days before your appointment
Aspirin 81mg	The night before your appointment
Warfarin/Coumadin	5 days before your appointment. Need INR test.
Rivaroxaban (Xarelto)	2 days before your appointment
Apixaban (Eliquis)	2 days before your appointment
Pradaxa (Dabigatran)	2 days before your appointment
Lixiana/Edoxaban	48 hours before your appointment

4. PURCHASE ALL YOUR SUPPLIES

- Two CITRO-MAG bottles (300 ml).
- Dulcolax tablets (5 mg) - you will need 4 for your prep.
- Gravol – to prevent nausea during prep or after the procedure.
- Clear liquids – see **One day before your appointment.**

5. BEGINNING YOUR PREPARATION

WEEKLY GLP-1's (e.g. Ozempic, Wegovy, Mounjaro, Saxenda, Zepbound, etc.):

- Last dose will be 2 weeks prior to procedure and restart after procedure

DAILY GLP-1's (e.g. Rybelsus, etc.)

- Last dose will be 3 days prior to procedure and restart after procedure

STEP 1: Two days before your appointment

- Avoid leafy greens.
- Choose low-residue and low-fibre foods, see "FOOD GUIDE."
- Stop iron pills
- NO SOLID FOODS AFTER 9:00 PM
- Take 2 Dulcolax tablets (10 mg total) at bedtime.



STEP 2: One day before your appointment

If your procedure is before or at 12:00pm

- CLEAR LIQUIDS only, all day. Water, apple juice, Gatorade (no blue, red, purple), ginger ale, clear broth, JELL-O (yellow, orange, lime green). NO SOLID FOOD.
- No Coffee or tea
- Take 2 Dulcolax tablets (10 mg) after noon.
- At 4:00 pm drink first bottle (300 ml) of CITRO-MAG. By 6:00 pm you will have had to consume up to 2 litres of any clear liquid of your choice following the first bottle (300 ml) of citro-mag.
- At 8:00 pm drink the second bottle (300 ml) of CITRO-MAG. By 10:00pm you will have had to consume up to 2 litres of any clear liquid of your choice following the second bottle (300 ml) of citro-mag.
- **You can have clear liquids up until 6 hours before your procedure, after that, nothing by mouth at all.**

If your procedure is after 12:00pm

- CLEAR LIQUIDS only, all day. Water, apple juice, Gatorade (no blue, red, purple), ginger ale, clear broth, JELL-O (yellow, orange, lime green). NO SOLID FOOD.
- No coffee or tea.
- Take 2 Dulcolax tablets (10 mg) in the afternoon.
- At 7:00 pm drink first bottle (300 ml) of CITRO-MAG. By 9:00 PM you will have had to consume up to 2 litres of any clear liquid of your choice following the first bottle (300 ml) of CITRO-MAG.
- At 11:00 PM, start to drink the second bottle (300 ml) of CITRO-MAG. By 1:00 AM you will have had to consume up to 2 litres of any clear liquid of your choice following the second bottle (300 ml) of CITRO-MAG.
- **You can have clear liquids up until 6 hours before your procedure, after that, nothing by mouth at all**

STEP 3: On the day of your appointment

- NO solid foods.
- No coffee, tea or broth.
- Can have other clear liquids up to 6 hours before your appointment.



6. AFTER YOUR PROCEDURE:

You will remain in the Clinic for a short time while your sedation begins to wear off. The doctor will see you briefly and you will be given a Colonoscopy Discharge report. Then you will go to Reception, where you will wait for your driver to take you home.

- ✓ Resume your normal diet one hour after your colonoscopy unless you are instructed otherwise
- ✓ Eat high-fiber foods or take fiber supplements
- ✓ Drink plenty of fluids, especially prune juice
- ✓ Resume taking prescribed medications
- ✓ Have someone with you to help

- ✗ Avoid alcohol for 24 hours
- ✗ Avoid strenuous exercise or activity
- ✗ Don't drive for 24 hours



TABLE 1 FOOD GUIDE: LOW-RESIDUE/FIBRE FOODS

✓ LOW RESIDUE/FIBRE FOODS TO CHOOSE	✗ FOODS TO AVOID
Breads, pasta, and other starches to choose: ✓ White bread, biscuits, muffins, and rolls; plain crackers; white pasta; white rice; cream of wheat; grits; white pancakes; cornflakes; cooked potatoes without skin.	Avoid: ✗ Whole-wheat or whole-grain breads, crackers, and pasta; breads with seeds or nuts; cornbread; wild or brown rice; whole-grain cereals, bran cereals, granola cereals, popcorn, cereals with seeds, nuts, coconut, or dried fruit; potatoes with skin
Dairy to choose: ✓ Milk, smooth yogurt, ice cream, custard, cheese and cottage cheese	Avoid: ✗ Ice cream and yogurt with seeds or nuts, or with chunks of fruit
Fruit to choose: ✓ Ripe banana; ripe nectarine, peach, apricot, papaya, plum; soft honeydew melon and cantaloupe; cooked or canned fruit without skin or seeds; applesauce; strained fruit juice (without pulp)	Avoid: ✗ Raw or dried fruit; all berries; raisins; canned and raw pineapple; prunes and prune juice
Vegetables to choose: ✓ Well-cooked or canned vegetables without seeds, such as eggplant, green and wax beans, carrots, yellow squash, pumpkin, beets	Avoid: ✗ Vegetables with seeds, such as unstrained tomato sauce; green peas; lima beans; broccoli; corn; parsnips, tomatoes
Meats and Proteins to choose: ✓ Tender, well-cooked meat, including ground meat, poultry, and fish; eggs; tofu; creamy peanut butter	Avoid: ✗ Tough, chewy meat with gristle; peas, including split, yellow, black-eyed; beans, including navy, lima, black, garbanzo, soy, pinto, lentil; peanuts and crunchy peanut butter
Fats, oils, sauces, condiments to choose: ✓ Butter, margarine, oils, whipped cream, sour cream, mayonnaise, smooth dressings and sauces; plain gravy; smooth condiments	Avoid: ✗ Dressing with seeds or fruit chunks; pickles and relishes
Other foods and drinks to choose: ✓ Plain gelatin; plain puddings; pretzels; plain cookies and cakes; honey, syrup, caffeinated drinks, including tea and coffee (ask your doctor first); soda	Avoid: ✗ Popcorn; spicy foods; foods made with cocoa powder; alcohol (ask your doctor); marmalade, jam, preserves; desserts that have seeds, nuts, coconut, dried fruit, whole grains or bran; candy with seeds or nuts

