Charlotte Harbor Surgical

John F. Guarino, M.D., P.A. · Matthew C. Tufts, M.D. · Vincent L. Brown, M.D. · Charles Campbell, D.O.
4245 Kings Highway, Unit A, Port Charlotte, FL 33980 · **Phone: (941) 391-5102** · Fax: (941) 391-6937

1-DAY COLONOSCOPY PREP
Easy-to-Follow Checklist

Procedure Date: _____ **Facility:** ☐ Murdock Surgery Center ☐ AdventHealth Port Charlotte
Arrival Time: _____ (The facility will call you about **1 day before** with your arrival time & morning pill instructions.)
My Driver Going Home: _____ (Required — you cannot drive yourself home after sedation.)

IMPORTANT — READ FIRST: Follow these instructions from our doctors' staff—**DO NOT follow the directions printed on the laxative box or bottle.** Failure to take your prep as instructed may cause your colonoscopy to be cancelled.

Step 1: What to Buy at the Pharmacy (Over-the-Counter — No Prescription Needed)

- ☐ **TWO (2) 10-ounce bottles of Citrate of Magnesia** (Magnesium Citrate) — **NO RED COLORING** (choose clear/lemon-lime). (both bottles are used the day before your procedure). **Chill in the refrigerator overnight** before drinking!
- ☐ **Four (4) 5 mg tablets of brand-name Dulcolax® LAXATIVE** (1 small box). **DO NOT USE GENERIC**, and make sure the box says Dulcolax Laxative (bisacodyl 5 mg), not Dulcolax Stool Softener.
- ☐ **Plenty of Clear Liquids** for the day before your procedure (see approved list on Page 2 — **NO RED COLORING**).

Step 2: Which Medications to Pause Before Your Procedure

When to Stop	Medications to Pause (Check with our office or your prescribing doctor if unsure)
7 Days Before	☐ **Stop ALL GLP-1 & Weight-Loss Medications** (increased risk of aspiration under anesthesia): **Ozempic®, Wegovy®, Rybelsus®** (semaglutide) · **Mounjaro®, Zepbound®** (tirzepatide) · **Trulicity®** (dulaglutide) · **Victoza®, Saxenda®** (liraglutide) · **Byetta®, Bydureon®** (exenatide) · **Adlyxin®** (lixisenatide).
2 to 5+ Days Before **(Per Doctor's Instructions)**	☐ **Prescription Blood Thinners — Check Your Exact Stop Date:** **Do NOT automatically stop all prescription blood thinners 5 days prior.** Hold times depend on your specific medication—for example, **Eliquis®** (apixaban) or **Xarelto®** (rivaroxaban) is often stopped **2 days before**, while others like **Plavix®** (clopidogrel) or **Coumadin®** (warfarin) may be stopped **5 days (or as directed) before**. Follow the exact number of days instructed by our office or your prescribing doctor: Blood thinner name: _____ Stop date / days prior: _____
5 Days Before	☐ **Stop Aspirin & Over-the-Counter Anti-Inflammatory Pain Pills (NSAIDs):** Avoid **Aspirin, Aspirin products, Ibuprofen, Motrin®, Excedrin®, Advil®, and Aleve®** for **5 days prior** to your procedure. ✓ **Tylenol® (acetaminophen) IS allowed if you need pain relief.**
4 Days Before	☐ **Hold These Specific Diabetes Medications (SGLT2 Inhibitors):** **Jardiance®** (empagliflozin) · **Farxiga®** (dapagliflozin) · **Invokana®** (canagliflozin) · **Brenzavvy®** (bexagliflozin) · **Steglatro®** (ertugliflozin). Monitor your blood sugar closely on your prep day and the morning of your procedure!
3 Days Before	☐ **Hold ADD / ADHD Medications:** Stop all A.D.D. or A.D.H.D. medications (for example, **Adderall®**).

Step 3: Your Hour-by-Hour 1-Day Colonoscopy Prep Schedule

Day & Time	What to Do (Check Each Box as You Go)
1 Day Before **ALL DAY** **(Wake-up to Bed)**	☐ **CLEAR LIQUID DIET ONLY (Breakfast, Lunch & Dinner) — NO SOLID FOOD ALL DAY!** Drink only from the Approved Clear Liquids list below. **OMIT ANYTHING WITH RED COLORING.** Diet and regular drinks are both okay. **NO alcohol.**
1 Day Before **9:00 AM**	☐ **Drink 1st Bottle (10 oz) of cold Citrate of Magnesia** (refrigerated overnight). Follow with a full glass of water or approved clear liquid. Stay near a bathroom.
1 Day Before **2:00 PM**	☐ **Take four (4) 5 mg Dulcolax® LAXATIVE tablets all at the same time** with water. **IMPORTANT: Use brand-name Dulcolax® Laxative — DO NOT USE GENERIC.**
1 Day Before **6:00 PM**	☐ **Drink 2nd Bottle (10 oz) of cold Citrate of Magnesia** (refrigerated overnight). **VERY IMPORTANT:** Try to drink **clear liquids every hour right up until bedtime** to prevent low blood sugar and dehydration, and to flush your colon completely clear.
Night Before **12:00 Midnight**	☐ **STOP — NOTHING TO EAT OR DRINK BY MOUTH AFTER MIDNIGHT** Nothing by mouth after midnight unless the surgical facility specifically instructed you to take a morning medication with a small sip of water.

Step 4: Approved Clear Liquid Diet List (1 Day Before Procedure)

You may have any of the 14 items below all day the day before your procedure (breakfast, lunch, and dinner). You do not have to drink all of them. Diet products are okay. **OMIT ANYTHING WITH RED COLORING.**

✓ OK TO HAVE (Clear Liquids Only — NO RED)

1. **Jell-O®** (plain — no fruit inside, **no red**)
2. **Gatorade®** (yellow, lemon-lime, clear/white — **no red**)
3. **Bouillon / Clear Broth** (chicken, beef, or vegetable — liquid only)
4. **Apple Juice**
5. **White Grape Juice**
6. **Popsicles** (**no red**, no fruit bits or dairy)
7. **Fruit Ice / Italian Ice** (without fruit, **no red**)
8. **Ginger Ale**
9. **Sprite®**
10. **7-Up®**
11. **Pepsi® / Coke®**
12. **Black Coffee** (**WITHOUT** cream, milk, or milk substitutes)
13. **Clear Tea** (**WITHOUT** cream, milk, or milk substitutes)
14. **Water**

✗ DO NOT EAT OR DRINK

- **NO Solid Food** of any kind the entire day before your colonoscopy
- **NO Red Coloring** (red Jell-O, red Gatorade, red popsicles, or red drinks can look like blood during your exam)
- **NO Milk, Cream, Half-and-Half, or Non-Dairy Creamers** (no almond, oat, soy, or powdered creamer in coffee or tea)
- **NO Fruit Pieces or Pulp** (no orange juice with pulp, no smoothies)
- **15) NO Alcoholic Beverages Allowed**
- **NOTHING After Midnight** the night before your procedure

Questions or Need to Reschedule? Call (941) 391-5102 · www.charlotteharborsurgical.com
If you are unable to keep your office visit appointment, we ask for **24 hours' notice**. If you need to reschedule your procedure/surgery, we ask for **48 hours' notice**. Cancellation charges may apply if timely notice is not given or if there are multiple cancellations/reschedules. A **$50.00 rescheduling fee** applies for any rescheduling of your procedure unless indicated by your provider.