

PROCEDURE DATE:

ARRIVAL TIME:

(Arrival times are subject to change)

General Colonoscopy Instructions:

It is very important that you read all instructions at least 1 week prior to your procedure and follow each step to ensure that your bowel cleansing is effective or your colonoscopy may need to be repeated because of a poor prep.

Please make sure you obtain your bowel preparation from the pharmacy 1 week prior to your procedure. Please also pick up a bottle of magnesium citrate 10 oz. (clear only)* from your local pharmacy - see *How to Know if the Prep is Adequate* below on when to take.

Anesthesia:

You will receive sedation for your procedure from one of our anesthesiologists. You will meet the anesthesiologist prior to your procedure and they will review your medical history and medications with you. Your judgment may be impaired after the procedure due to the medications used for sedation. Do not drive, operate heavy machinery, return to work, drink alcohol, or make any legal decisions until the day after your procedure. **YOU MUST HAVE SOMEONE YOU KNOW DRIVE YOU HOME AFTER YOUR PROCEDURE; YOU MAY NOT GO HOME WITH A TAXI, UBER, LYFT, OR OTHER RIDESHARE SERVICE.**

General Medication Instructions:

Aspirin: If you are taking aspirin, you should continue taking it unless instructed otherwise.

Iron pills, vitamins with iron, Omega-3, fish oil supplements, and herbal supplements: All of these should be stopped 1 week prior to your procedure.

Blood Thinners: If you take a blood thinner (such as Coumadin/Warfarin, Plavix/Clopidogrel, Brilinta/Ticagrelor, Effient/Prasugrel, Xarelto/Rivaroxaban, or Pradaxa/Dabigatran) we will contact the physician who manages this medication to see if you can stop this medication prior to your procedure. **DO NOT** stop any blood thinning medications unless you are instructed to do so by either your physician or by our office.

Diabetes Medications: If you are on any of the following medications **(Byetta, Bydureon, Victoza, Ozempic, Trulicity, Saxenda, Adlyxin, Rybelsus, Wegovy, Zepbound and Mounjaro)** for **WEIGHT LOSS** and **NOT DIABETES**. **YOU MUST** hold this medication **1 week prior to your procedure**. If you are taking these medications for **DIABETES** please contact your primary care physician or endocrinologist for instructions on how to manage your insulin the day before and the day of your procedure. It is common for them to instruct you to alter the dose of your insulin. **DO NOT TAKE** your oral diabetes medications on the day of your procedure.

Ulcerative Colitis and Crohn's Disease Medications: Please stop the following medications 2 days prior to your procedure: Mesalamine, Asacol, Pentasa, Lialda, Apriso, Delzicol, Balsalazide, Canasa, and Rowasa.

Females of Childbearing Age:

Please schedule your procedure at a time when you are not likely to be pregnant. A urine sample for a pregnancy test may be required prior to your procedure if it has been less than 1 year since your last menstrual cycle.

Week of your Procedure:

To **ensure** your bowel prep is **effective**, **5 DAYS PRIOR to your procedure ELIMINATE** foods with: **seeds, flax, sunflower, quinoa, popcorn, nuts, corn, beans, salad, and other raw fruits and vegetables.**

Stop fiber supplements (Metamucil, Citrucel, Benefiber) 3 days prior to your procedure.

If you have difficulty having a bowel movement or have issues with constipation, you may use a laxative like Miralax, Senokot, or Dulcolax daily starting 5 days prior to your procedure.

Day Before Procedure:

You may **NOT** have any solid foods, milk (including milk or cream in coffee or tea), or dairy products (yogurt, cheese, ice cream). Please have **CLEAR LIQUIDS ONLY**.

Day Before Procedure:

AFTERNOON APPOINTMENTS ONLY!! (ARRIVAL TIME 12:30PM OR LATER)

You may have a light breakfast such as eggs or white toast by **8 AM**. **After 8am** you may have clear liquids **ONLY!!! NO MORE SOLID FOODS UNTIL AFTER YOUR PROCEDURE!!!!**

Examples of Clear Liquids (avoid any red, blue, or purple liquids):

- Water
- Gatorade, Powerade, Crystal Light Lemonade, Pedialyte, Vitamin Water
- Fruit juice without pulp (apple, white grape, white cranberry, lemonade)
- Coffee or tea (without milk or creamer)
- Clear broth (chicken, beef, or turkey)
- Clear carbonated beverages (ginger ale or lemon lime soda)
- Jell-O gelatin
- Popsicles without pulp

Day of Procedure:

Except as indicated in the medication section above, you should take your normal medications the day before and on the day of your procedure. On the day of your procedure take your medications with only a small sip of water.

All fluids must be stopped 2 hours prior to your arrival at our center, or your procedure may be canceled.

How to Know if the Prep is Adequate:

The stool should be watery in consistency. **It does not have to be clear in color like water; it may be yellow. Small flecks of stool or debris are not a problem.** The stool should not be solid, muddy, or thick.

***If your stool is NOT watery in consistency, you must drink the 10oz bottle of Magnesium Citrate (clear only) TWO HOURS PRIOR TO YOUR ARRIVAL TIME!**

You must complete the prep as directed, including the second dose even if the stool appears clear after the first dose to ensure an optimal prep.

Questions:

For any non-emergent questions, please refer to our website for frequently asked questions:

<https://oceansurgicalpavilion.com>.

If you have questions regarding scheduling, please contact our scheduling department at 732-517-0060 prompt 5.

If you have a medical question related to your procedure, please contact our nursing line at 732-517-8885 ext. 1205 and leave a message and a telephone number where you can be reached.

If you encounter a problem while taking your prep, please refer to the frequently asked questions page on our website, <https://oceansurgicalpavilion.com>. If you still have a question after reading this, please contact our nursing line at 732-517-8885 ext. 1205. If you have a question and the office is closed, please call our office at 732-517-0060 and our answering service will send a message to the on-call physician.