

## COLONOSCOPY - GENERAL INSTRUCTIONS

1. One week prior to your procedure please **READ** Prep instructions given by the office and **not** the instructions on the box.
  - \* Stop iron, calcium and multi-vitamins that have iron in them
  - \* Use Tylenol or acetaminophen for pain. Do not use Motrin, ibuprofen, or Aleve.
  - \* Avoid nuts and any fruits and vegetables that contain seeds.
  - \* Stop all fiber supplements, like Metamucil and Fiberall.
2. Please take all your heart and BP meds with a sip of water. If you have a history of any Cardiac Disease, prior stroke or TIA, History of clotting, thrombus, Embolus or any form of Vascular disease, **do not stop your Aspirin** or other blood thinners without discussing it with your physician.
  - \*If you use ANY blood thinners other than Aspirin, including Plavix, Clodiprogel, Coumadin, Pradaxa, Lovenox, or Heparin, you must discuss their use with your physician before stopping them.

**FAILURE TO DISCUSS THESE MEDICATIONS WITH YOUR PHYSICIAN MAY RESULT IN YOUR PROCEDURE BEING CANCELLED.**

3. **Diabetics**, please check your blood sugar before you come in for your procedure and also bring your medication with you so you can take them after you eat. If you use oral diabetes medications or any form of Insulin, Discuss their use with your physician for the day before and day of your procedure.
4. **Sleep Apnea** patients, please bring your C-Pap machine if you have one.
5. **Pacemaker** and/or **Internal Defibrillator** patients, please let us know if you have this device.  
Date: \_\_\_\_\_ Arrival time: \_\_\_\_\_ Procedure time: \_\_\_\_\_

Report to:

- Endoscopic Procedure Center (EPC) at Township 5 Medical Park, 260 Township Blvd, Suite 10, Camillus

If you are having **any form of sedation** you will need a **responsible adult to REMAIN** in the endoscopy center until discharge to review discharge instructions, and accompany you / **drive you home**.

Please **do not eat or drink after Midnight** the night before your procedure unless otherwise directed.

Please allow a total of 1-3 hours for the exam and recovery time. If you cannot comply with these instructions, please let us know and your procedure will be rescheduled.

PLEASE NOTE: Occasionally it is necessary to change the time and/or date of your procedure due to changes in the doctor's schedule. We will do this only if necessary. We appreciate your understanding in this matter.