
To ensure the best possible outcome for your procedure, you MUST follow these preparation instructions. Failure to comply may result in possible cancellation of your procedure.

1. No antacids after 3 PM the day before your procedure. Have a light evening meal. No milk, greasy, or fatty foods. Nothing colored red or purple. Nothing to eat or drink after midnight.

2. One week prior to your procedure:

- Use Tylenol or acetaminophen for pain relief. **DO NOT USE** Motrin, Ibuprofen, Aleve or any other Non-steroidal Anti-inflammatory Drugs (NSAIDs).
- Stop use of **ALL vitamins and OTC supplements.**

3. Cardiac Management:

- Continue taking your blood pressure medication on the day of your procedure with a small sip of water.
- Please inform us if you have a pacemaker or an internal defibrillator.
- **If you are prescribed blood thinner other than Aspirin, please contact our office.**
** **Examples:** Plavix, Xarelto, Eliquis, Clopidogrel, Coumadin, Lovenox, Heparin and their equivalents.

4. Diabetes Management:

- Check your blood sugar before the procedure. You can resume your medications per discharge instructions.
- If you are using a **non-insulin injectable**** for diabetes management:
 - Weekly injections: Hold for one week prior to your procedure.
 - Daily injections: Hold the day of the procedure.
- **Examples:** Ozempic, Trulicity, Wegovy, and other semaglutides and dulaglutides.
- **If prescribed any oral diabetic medications or any form of insulin, consult with your prescribing physician regarding their use before and on the day of your procedure.**

5. Weight Management:

- If you take **Phentermine**, please hold this medication for 4 days prior to the procedure.
- If you are using a **non-insulin injectable**** for weight management:
 - Weekly injections: Hold for one week prior to your procedure.
 - Daily injections: Hold the day of the procedure.
- **Examples:** Ozempic, Trulicity, Wegovy, and other semaglutides and dulaglutides.

Procedure Date:

Arrival Time:

Location: Endoscopic Procedure Center, 260 Township Blvd, Suite 10, Camillus NY 13031.

Sedation: If you have **any form of sedation**, you will need a **RESPONSIBLE ADULT** to bring you to your procedure and remain within 10 minutes of the procedure center. We will contact your driver 15 minutes prior to discharge and assist you to their vehicle. If you do not have a driver, you will be responsible for arranging your own medical transport. If you will be traveling by regular or Medicaid cab, you must be accompanied by a responsible individual aged **18 or older**.

No smoking or marijuana use the day of the procedure. Avoid chewing gum and wearing scented lotions on the day of your procedure. If your insurance requires a co-pay, please be prepared to pay at the time of service to avoid an additional fee.