

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

**1. One week prior to your procedure:**

- Stop use of iron, calcium, and multi-vitamins that contain iron.
- Use Tylenol or acetaminophen for pain relief. **DO NOT USE** Motrin, Ibuprofen, Aleve or any other Non-steroidal Anti-inflammatory Drugs (NSAIDs).
- Avoid nuts and any fruits and vegetables that contain seeds. Do not consume corn or popcorn.
- Stop all fiber supplements, such as Metamucil and Fiberall.
- If you take Phentermine, please hold this medication.

**2. Cardiac Management:**

- Continue taking your heart and blood pressure medications on the day of your procedure with a small sip of water.
- **If you are prescribed blood thinner other than Aspirin, please contact our office.**  
\*\* **Examples:** Plavix, Xarelto, Eliquis, Clopidogrel, Coumadin, Lovenox, Heparin and their equivalents.

**3. Diabetes Management:**

- Check your blood sugar before the procedure. You can resume your medications per discharge instructions.
- 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.
- If you are using a **non-insulin injectable\*\*** for diabetes or 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.
- **Please discuss management of your medications with your prescribing physician during this holding period and/or prior to the procedure.**

**4. Pacemaker/Internal Defibrillators:**

- Please inform us if you have a pacemaker or an internal defibrillator. Patients with **internal defibrillators** will need to be scheduled for another location.

**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**.

**On the day before your procedure, consume CLEAR LIQUIDS only**, unless instructed otherwise. 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.

**Please Note:** Occasionally, we may need to adjust the time or date of your procedure due to changes in the doctor's schedule. We will only do this if absolutely necessary, and we appreciate your understanding. For any further inquiries or concerns, feel free to reach out to our team. Thank you for your cooperation.