**Colonoscopy Preparation**

Your scheduled colonoscopy is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_on at AM/PM.

Please arrive 15 minutes before your scheduled time, as there some paperwork prior to procedure.

PLEASE REPORT TO: **305 7th Ave New York, NY 10001 10th floor**

**8 days before procedure:**

• If you are taking Coumadin, Warfarin, Plavix, Pradaxa, Lovenox, Heparin, Xarelto, Eliquist or other blood thinners or anti-platelets agents, consult with your primary doctor or gastroenterologist before stopping.

• If you are taking Ozempic, Wegovy, Mounjaro, Zepbound, Trulicity, Bydureon, Tanzeum, please hold for 8 days prior to procedure.

• If you are taking Victoza, Lyxumia, Rybelsus, and Byetta, please hold for 2 days prior to procedure.

**\*\*\*THREE (3) DAYS PRIOR TO PROCEDURE PLEASE AVOID FRUITS WITH SEEDS, (I.E. WATERMELON,) GRANOLA, SEEDS**

**(I.E. NO FLAX SEEDS, BARLEY, LENTIL ETC.), AND NUTS\*\*\***

**The day before your procedure:**

• ***Maintain a liquid diet the entire day***, **DO NOT** have any solid food. **(You can have a smoothie or protein shake up to 12 noon the day before the procedure )**

• From 12 noon to 6 pm, you can continue to have clear broths **(no noodles, no meat, no vegetables)**, clear juice or clear soda (apple juice, white grape juice, lemonade, Gatorade, Ginger Ale, 7up or water), green or yellow Jello, popsicles, coffee (without milk) or tea.

**Beginning at 6:00 PM** Start taking prep as per instructions provided. (You may continue to drink water until midnight.)

**On the day of the procedure:**

**Take second dose of Prep the morning of procedure as indicated, MUST be finished 3 hours before procedure time**

**DO NOT EAT OR DRINK ANYTHING AFTER COMPLETING THE 2ND DOSE OF PREP!!!**

1. If you take blood pressure pills in the morning, you should continue to do so, the morning of the test with a small sip of water at least 3 hours before procedure.

2. You MUST have a responsible adult pick you up after the procedure, even if you live in the neighborhood. Ideally this person should be here 1 Hour and a half to 2 hours after your scheduled time.

3. **Please anticipate spending 2 and a half hours for the entire procedural visit**

After the procedure, you should not drive, go to the gym, perform any activity where good judgment or fine motor coordination is required. You cannot operate heavy machinery. No alcohol consumption within 24 hours of procedure.

Please do not bring any jewelry, fur coats or any valuables. Please do not wear nail polish, fake nails, large hooped earrings and tongue piercings on the day of your procedure.

**All procedures must be cancelled 48 HOURS PRIOR or you will be CHARGED $200 CANCELLATION FEE. Send cancellation email to PatientCoordinator@Memedicalgastro.com**

I UNDERSTAND AND AGREE TO THE ABOVE INSTRUCTIONS.

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PATIENT SIGNATURE DATE