



COLONOSCOPY INSTRUCTIONS

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Tel: 212-795-1021

Date: _____ Time: _____

ADDRESS: 2 BENNETT AVE. 2ND FLOOR, NEW YORK, NY 10033 (GPDDC)

➤ **YOU SHOULD STOP BLOOD THINNERS LIKE COUMADIN (WARFARIN), PLAVIX (CLOPIDOGREL), AGGRENOX, ELIQUIS, BRILLINTA, TICLID, XARELTO AND PRADAXA AS PRESCRIBED BY THE DOCTOR.**

➤ **If you take medications such as Wegovy, Ozempic, Trulicity, Mounjaro, Saxenda, Victoza, Rybelsus, and Byetta.**

These medications are widely prescribed to treat diabetes and to promote weight loss. These medications decrease gastric emptying and food can remain in the stomach for longer than someone who is not taking these medications. This can pose an increased risk of regurgitation and pulmonary aspiration (stomach contents ending up in lung) during the procedure.

Patients will need to be off these medications for two doses prior to procedure.

Please consult your PCP or prescribing MD to determine if it is safe to be off these medications for this duration (two doses prior to procedure), and to manage your condition while not taking these medications.

If you are taking these medications weekly, stop one-week prior to your procedure (2 doses).

If you are taking these medications daily, two doses will be at least 3 days.

➤ **The day of your procedure you should take your blood pressure medications including Aspirin. If you take Diabetes medications do not take them unless authorized by the Doctor.**

YOU SHOULD HAVE SOMEONE TO PICK YOU UP AFTER THE PROCEDURE; IF YOU DO NOT HAVE ONE YOUR PROCEDURE WILL BE RESCHEDULED.

Pick up medication from the pharmacy:

- 1 Bottle of Magnesium Citrate (10 oz)
- Miralax (Gavilax) 1 large bottle 238 Gram
- 2 Gatorades of 32 oz. (Yellow or Orange)

TWO DAYS BEFORE YOUR COLONOSCOPY

7:00 pm: Take the magnesium citrate.

DAY BEFORE YOUR COLONOSCOPY

- **AVOID SOLID FOOD, MILK AND LIQUID WITH RED COLOR.**
Before **8:00 AM** on the day prior to the procedure, you may have a low fiber breakfast (examples include white bread, soda crackers, white rice, eggs).
- After breakfast, please have a clear liquid diet for the rest of the day. These liquids include **Apple and Lemon juice, coconut water (without pulp), chicken or beef broth, Ginger ale, Sprite, seltzer water, Jell-O (pineapple or orange), Gatorade (Orange or lime), Coffee, water, or tea.**
- **6:00 PM:** Mix half of the Miralax powder in a 32 oz bottle of Gatorade. Cap the bottle and shake it to dissolve the powder. Start to drink the Miralax solution. Drink a glass every 10 to 15 minutes until finished. After this you can continue with your liquid diet.

DAY OF YOUR COLONOSCOPY

- Mix the remaining Miralax powder with the second Gatorade _____ (4 hours prior your procedure). After this no more liquids.

AFTER YOUR PROCEDURE

- **You should inform your doctor if experience Fever above 100 °F, Abdominal pain or Rectal bleeding; Call at 911 or 212-795-1021.**