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COLONOSCOPY PROCEDURE INSTRUCTIONS

YOUR APPOINTMENT DATE: _____ **ARRIVAL TIME:** _____
LOCATION: 26 Pearl St. Kingston, NY **OR** 124 Tinker St. Woodstock, NY

- Your prep has been sent to your pharmacy of choice.
- Mix your prep according to the manufacturer's guidelines.
- Regardless of what the manufacturer's instructions say you **MUST** be on a clear liquid diet the day before your procedure. Your first dose of prep (½ of total dose) will be at 6pm on the day before your procedure. Your second dose (½ of total dose) will be 5 hours before your arrival time. You must consume your prep within 30 mins followed by, at least, 16oz of clear liquids within 1 hour.
- Beginning the day before your procedure and up until 3 hours before your procedure, **you must be on a clear liquid diet/No solid food -**
 - A clear liquid is any liquid that you can see through - Nothing RED or ORANGE in color; No Milk, Cream or Soy milk; No alcoholic beverages please (see Clear Liquid Diet List below)
 - Drink as much clear liquid as possible **IN ADDITION** to your prep solution
- The day of your procedure, nothing by mouth for 3 hours before your procedure time.
- However, on the day of your procedure, you must take your high blood pressure, cardiac, thyroid, and mental health medication at least 3 hours before your procedure with a small sip of water.
- **No food containing SEEDS, CORN or NUTS for 3 days before the procedure.**
- Hold any vitamins/supplements for 3 days prior to your procedure.
- If you take insulin, oral diabetic medications, or blood thinning medications, please call your primary care doctor for special instructions if directions have not already been provided by HVG.
- If you use a rescue inhaler, please bring it with you to your procedure.
- Instructions for GLP-1 Agonist and SGLT-2 Inhibitors/ Special Medications for Weight Loss and Diabetes:

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GLP-1

Dulalutide (Trulicity); Exenatide (Bydureon Bcise, Byeta); Semglutide (Ozempic, Rybelsus, Wegovy); Tirzepatide (Mounjaro); Liraglutide (Victoza, Saxenda); Lixisenatide (Adylinx)

- If your GLP-1 is a pill, hold the GLP-1 medication the day prior to your procedure. If your GLP-1 is an injection, there is no need to hold the medication.
- You must do a 24 hour clear liquid diet (regardless if pill or injection) and Nothing by mouth for at least 3 hours prior to the procedure.

SGLT-2

- Canagliflozin (Invokana); Dapagliflozin (Farxiga); Empagliflozin (Jardiance); Ertugliflozin (Steglatro)
 - If your SGLT-2 is a pill, hold SGLT-2 medication for 48 hours prior to your procedure. If your SGLT-2 is an injection, there is no need to hold the medication.
 - Nothing by mouth for at least 3 hours prior to the procedure regardless if pill or injection
- Bring completed anesthesia form (attached)on the day of your procedure.
 - Review document titled “Informed Consent for Gastrointestinal Procedure, and Consent for Anesthesia ”. On the day of your procedure, you will be asked to electronically acknowledge that you have read the documents.
 - All female patients aged 55 and under must give a urine specimen pre-procedure for pregnancy testing.
 - You may want to purchase adult diapers, vaseline/diaper rash cream, and wipes to make you more comfortable on your prep day. Gas-X can be used on prep day and procedure day to help relieve gas pain.
 - Wear comfortable, loose fitting clothing and do NOT wear any jewelry to your procedure.
 - DO NOT drive for 24 hours after your procedure
 - Log onto HVG’s patient portal for results from your procedure.
 - You may call Singular Anesthesia at 914-948-1018 and P4 Diagnostics at 877-744-7781 (#5) with any billing or coverage questions.

Clear Liquid Diet List:

- Clear soups and broths (no pasta/veggies) water-based chicken or beef broth is OK
- Clear Juices: Apple, White Grape, White Cranberry
- Instant Drink Mixes: Iced Tea, Lemonade, Crystal Light, Gatorade, Propel, Pedialyte or other flavored waters.
- Hard Candy: No Red or Orange (Butterscotch and Root Beer are OK)
- Jello: Grape, Lime, Berry Blue, Pineapple, Lemon
- Popsicles/Italian Ice: Any flavor that is NOT Red or Orange in color
- Clear sodas and Seltzer Water (note: these should be limited due to carbonation)
- Tea: (any kind) Black tea, Green tea, Earl grey, Oolong, White tea, Herbal tea, etc.
- Coffee: Black with sugar is OK,
- NO milk, soy milk or powdered creamers
- **YOU MAY USE:** Sugar, Honey, or Lemon to flavor any liquid

For your safety, a personal escort is required to transport you to and from your procedure. While we prefer that your escort remains at HVG, they may leave if they are reachable by phone and can return within 15-20 minutes of contact. Please note: Vehicles left in the HVG parking lot overnight will be towed at the owner's expense.