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**PROCEDURE DATE:** \_\_\_\_\_ **MATHER**

**ADVANCED SURGERY CENTER OF LONG ISLAND (ASCLI)**

\*If you need to **cancel** your procedure, please let us know **as soon as possible\***

**LIDDC: SIGMOIDOSCOPY PREPARATION WITH ANESTHESIA**  
**INSTRUCTIONS**

**A. MORE THAN TWO WEEKS BEFORE YOUR PROCEDURE:**

1. **Ensure you have a responsible party take you home from the procedure.**  
We may cancel the procedure if you do not have a responsible party to take you home
2. **You will be called by the surgery center (ASCLI) with your arrival time two days prior to procedure**

**B. ONE WEEK BEFORE YOUR PROCEDURE**

\*\*Do not take ANY GLP 1 agonist that is dosed on a weekly basis within 7 days before your procedure. Failure to comply will result in your procedure being cancelled. The GLP 1 agonists include the following: Mounjaro, Zepbound, Ozempic, Wegovy, Trulicity, Bydureon, Byetta, Saxenda, Victoza, Adylyxin and Semaglutide. If you are taking an oral GLP 1 agonist (ex. Semaglutide pill), do not take it on the day of your procedure!\*\*

**INSTRUCTIONS CONTINUE ON REVERSE SIDE**

### **C. THE DAY BEFORE YOUR PROCEDURE**

**\*\*If your procedure is scheduled in Mather Hospital, call 631-476-2717 the evening before your scheduled procedure for your arrival time.**

### **D. THE DAY OF YOUR PROCEDURE: *DO NOT EAT ANY FOOD!***

**\*\*Take 2 Fleets Disposable Enemas 1.5 hours before your procedure time\*\***

1. **DO NOT EAT SOLID FOOD. YOU CAN ONLY HAVE CLEAR LIQUIDS YOU CAN SEE THROUGH!** These fluids should **not be RED or PURPLE** (ex. Apple juice, water, clear broth or bouillon, Gatorade, Snapple, carbonated soda, Jello, ice popsicles, black coffee, black tea [sugar/sweetener is allowed, NO milk/creamer]).
2. No gum or candy
3. You may brush your teeth
4. Take your morning medications with a sip of water as directed by your physician
5. Wear loose fitting clothes. Do not wear contact lenses, jewelry, or make-up. Remove tongue piercings.
6. Bring your **inhalers & glasses case** with you
7. Contact the office if you have questions or your physical condition changes (cold, fever, illness) at 631-751-8700
8. We may **cancel your procedure if you do not have a driver to take you home**. Your driver will need to sign your discharge papers. You may **resume your normal diet** after the procedure. You may **not drive for the rest of the day/night**. You may **resume normal activities** the next day.