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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: TWO DAY PREPARATION FOR COLONOSCOPY

****FOLLOW THESE INSTRUCTIONS – NOT THE PREP KIT INSTRUCTIONS****

A. MORE THAN TWO WEEKS BEFORE YOUR PROCEDURE:

Inform the office at 631-751-8700 IF:

1. You are **diabetic**
2. You are **allergic to latex**
3. You take **blood thinning products** (Coumadin, Plavix, Aggrenox, Pradaxa, Pletal, Brilinta, Ticlid, Trental, Effient, Xarelto, Eliquis)
4. You have a **prosthetic heart valve**, a history of **endocarditis**, **vascular graft**, **prosthetic joint replacement within the last 12 months**. You may need antibiotic coverage for your procedure
5. **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
6. **You will be called by the surgery center (ASCLI) with your arrival time two days prior to procedure**

B. ONE WEEK BEFORE YOUR PROCEDURE

1. Do not take iron, iron-containing compounds, Vitamin E, fish-oil, Advil, Motrin, ibuprofen, Aleve, and Naprosyn. You may take Tylenol (acetaminophen)
2. If you are taking aspirin 81 mg/day (baby aspirin) you should *CONTINUE* this unless otherwise instructed
3. **Bloodwork** should be done **7-14 days prior** to the procedure
4. Avoid fruits/vegetables/supplements with seeds (ex. tomatoes, kiwi fruit, caraway, flax, poppy, sesame, and corn)

****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!****

C. INSTRUCTIONS: TWO DAYS BEFORE YOUR PROCEDURE

DO NOT EAT SOLID FOOD

1. Begin a clear liquid diet 2 days prior to your colonoscopy and stay on this diet for the 2 days prior to the procedure. Drink at least 8 glasses of clear liquids. 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. It is very important that you stay well hydrated. Call the office if you have problems or questions with the prep
3. Two nights before your colonoscopy, take Citrate of Magnesia 8 oz. at 5pm. On occasion, we may recommend a different laxative for this step of the preparation. Please follow the instructions for whichever laxative you were instructed to take
4. You will need to take a second prep the night before your colonoscopy as well. Please discuss this with our office and follow the instructions for that preparation

D. THE DAY BEFORE YOUR PROCEDURE: *DO NOT EAT SOLID FOOD*

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

E. THE DAY OF YOUR PROCEDURE: DO NOT EAT ANY FOOD!

****Please refer to the instructions provided on the second preparation you are required to take****

1. You may **not** drink anything less than 6 hours before your procedure. No gum or candy.
2. You may brush your teeth
3. Take your usual morning medications with a **sip** of water as directed by your physician
4. Wear loose fitting clothes. Do not wear contact lenses, jewelry, or make-up. Remove tongue piercings.
5. Bring your **inhalers & glasses case** with you
6. Contact the office if you have questions or your physical condition changes (cold, fever, illness) at 631-751-8700
7. 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