



Appointment Date: \_\_\_\_\_

Arrival Time: \_\_\_\_\_

# Advanced Gastroenterology & Hepatology Associates

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**\*\*Failure to follow the instructions could result in cancellation of your procedure. \*\***

**If you need to cancel or reschedule your procedure, please call us within 7 business days of your procedure date. If not canceled or rescheduled within 7 business days you will be**

**charged \$250.00 cancellation fee.\*\***

**NO SHOWS WILL ALSO BE CHARGED**

**If you have any questions please contact the surgery scheduler at 559-297-2259**

**\*HERNDON SURGERY CENTER WILL CALL TO GO OVER PREPARATION INSTRUCTIONS THE WEEK OF YOUR PROCEDURE.  
FOR PREP QUESTIONS PLEASE CALL (559) 323-6611 \***

## Procedure at Herndon Surgery Center

### Colonoscopy Instructions

#### Things to Remember:

- **A Low Volume prep will be prescribed, which may not be covered OR costly. The alternative less costly prep is a high volume. Preps need to be picked up at 1 week after you have been scheduled.**
- Please wear comfortable clothing. Do not wear jewelry or bring any valuables or money
- You can anticipate spending an average of 2.5 to 4 hours within the department
- Please bring your ID, insurance card, and/or information on the day of procedure
- You **MUST** have someone who will be available to provide transportation for you on your procedure day. A taxi, bus, or Uber **DOES NOT APPLY**. Failure to have transportation arrangements could result in cancellation of your procedure.

#### **Seven Days Before:**

- **Stop taking aspirin or aspirin-containing medications unless instructed otherwise. Low-dose aspirin (81 mg) is okay to continue until the day before the procedure.**

- **Hold weight loss injections such as Wegovy, Mounjaro, Ozempic, Trulicity, or Victoza 1 week prior to your procedure.**
- **Stop taking iron supplements.** Iron in multivitamins is okay to continue until the day of the procedure.

### **Three Days Before:**

- **Stop taking non-steroidal anti-inflammatory medications (NSAIDs) such as Advil, Motrin, Ibuprofen, Aleve, Celebrex, or Naproxen. Tylenol (acetaminophen) products are okay to take prior to procedure.**
- Avoid eating food with seeds or kernels such as cucumbers, squash, watermelon, and corn until after your procedure.

### **One Day Before:**

- **Start clear liquid diet. No solid food allowed.**
- **Take first dose of preparation in evening – time for 1<sup>st</sup> and 2<sup>nd</sup> dose will be provided during screening phone call. For any Preparation questions please call [#559-323-6611](tel:559-323-6611)**

**\*\*Blood-Thinning Medications:** Make AGHA scheduler aware if you are prescribed Warfarin (Coumadin) Eliquis, Xarelto, Plavix, Effient or Brilinta. We require indication from your prescribing doctor as to when blood thinner can be held and for how long.

**Diabetic Patients:** Please discuss any adjustment of your medication with your Primary Care Physician. If you take your diabetic medications while not consuming enough calories, your blood sugar may drop to dangerously low levels. Please hold your diabetic medications/insulin injections the morning of your procedure. **(Hold Injections such as Wegovy, Mounjaro, Ozempic ( semaglutide), Trulicity, or Victoza 1 week prior to your procedure.)**

**Other Medications:** Please continue to take all of your prescription medications as prescribed, unless you are given specific instructions by a healthcare provider to stop a certain medication before your procedure. This includes medications for blood pressure/heart/hypertension, asthma, acid reflux, psychiatric, depression, pain, and thyroid, as well as many others. You may also take these medications the day of the procedure with a small sip of water only. **Hold all vitamin/mineral supplements on the day of the procedure.** You may resume them that evening or the next day.

### **Importance of a Good Prep:**

- Colonoscopy prep may cause the body to lose a significant amount of fluid and can result in sickness due to dehydration. **It's important that you prepare your body by drinking extra clear liquids before the prep. Stay hydrated by drinking all required clear liquids during the prep.**
- A poor preparation results in an incomplete exam where lesions could be missed and that may require a repeat colonoscopy. It can also make it more difficult to, or result in, a failure to detect cancers and/or pre-cancerous polyps.

**Your bowel movements should be clear, yellow water with no solid stool particles for a successful colonoscopy**