

JEFFREY A GOLDSTEIN, MD @NAME@
UR Thompson Gastroenterology @DOB@
395 West Street, Bldg 20B
Canandaigua, NY 14424 @TODAYDATE@
(585) 978-8277

Scheduled date of Colonoscopy: ***

Please report to:

**FF Thompson Hospital
Ambulatory Procedures Center
395 West Street**

Enter via " The Thompson Way" off "West Street"

Look for Door 15 at the Constellation Center for Health & Healing

Phone#: (585) 396-6595

Patient arrival time:

THE AMBULATORY PROCEDURE CENTER (APC) WILL CALL YOU THE AFTERNOON BEFORE YOUR PROCEDURE AROUND 2:00 PM WITH YOUR EXACT ARRIVAL TIME.

Please plan on 90 minutes for the procedure, including recovery time. You will need to arrange to have a responsible person stay in the waiting area during your procedure.

Please Note: F.F. Thompson Hospital has a strict post-procedural / post-anesthesia / post-sedation patient transportation policy. If you are scheduled to undergo a surgical procedure that will require sedation or anesthesia, the hospital policy requires that a responsible individual accompany you to and from the procedure. If you do not have a responsible individual to accompany you, your procedure will not be performed.

Blood Thinners & Diabetic Medication

If you take any diabetic or blood thinner medications, our office will contact the prescribing doctor for guidance regarding holding your medication. Our nursing staff will contact you prior to your appointment with instructions.

Diabetic Medication

If you take diabetic medications, we recommend holding oral medications the evening prior to and morning of the procedure. If you take long-acting insulin, we recommend taking ½ your usual dose the evening prior to the procedure and hold the morning dose on the day of the procedure.

Stop all GLP-1 Medication used for weight loss (1) week prior to your procedure. (Examples: Ozempic/Wegovy/Mounjaro/etc)

Preparing for Your Procedure: Colonoscopy:

7 DAYS PRIOR: to the procedure, hold anti-inflammatory medications such as Ibuprofen (Motrin), Advil, Aleve, Meloxicam (Mobic), Midol, Naprosyn, Felden, Nuprin, or Celebrex. It is not necessary to hold Aspirin. It is acceptable to use Tylenol (acetaminophen) products for pain relief.

3 DAYS PRIOR: stop the consumption of any fruits, vegetables, nuts and seeds. It is acceptable to consume meat, eggs, dairy products, fish, pasta, rice, potatoes (without skin).

DO NOT smoke marijuana or consume anything containing THC 72 hours prior to your surgery. Doing so within 72 hours prior to surgery could result in your surgery being cancelled.

1 DAY PRIOR: begin a clear liquid diet from the time you wake up until after your procedure is completed. You may take your regular medications unless previously instructed to hold. **Do not consume any solid foods. YOU CAN EAT AFTER YOUR PROCEDURE.** Begin the preparation medication in the afternoon as instructed below.

THE DAY OF: the procedure you may consume (1) 8oz glass of water up to 2 hours prior to your arrival time. You may take your regular medications (unless previously instructed to hold) with a minimal amount of water early in the morning. **NO FOOD UNTIL AFTER YOUR PROCEDURE.**

**COLONIC PREP:
DO NOT FOLLOW THE INSTRUCTIONS ON THE PACKAGE INSERT.
FOLLOW THE INSTRUCTIONS GIVEN BY US.**

Suprep – Mix the medication according to manufacturer directions. Take the 1st bottle at 6:00pm the evening prior to the colonoscopy. Take the 2nd bottle 6 hours prior to your arrival time.

You may consume (1) 8oz glass of water up to 2 hours prior to your arrival time.
NO FOOD CONSUMPTION

Examples of clear liquids:

Sprite, Ginger Ale, Black coffee, Tea, Water, Crystal Lite, Iced tea, Clear Broth, Apple Juice.

AVOID RED and PURPLE colored drinks, **NO Fruit, NO Pulp, NO Dairy**
Do not consume dairy products or non-dairy powder.

If you have any questions regarding your colonoscopy and/or the prep instructions, please call the GI office staff at (585) 978-8277.