

Your Colonoscopy Location:

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**York Presbyterian Hospital
Central Endoscopy Suite
525 East 68th Street, 2nd Floor
Greenberg Pavilion
New York, NY 10065**

**Lower Manhattan Hospital
Endoscopy**

GETTING READY FOR YOUR COLONOSCOPY

A colonoscopy is a medical procedure in which your doctor examines your colon and parts of your small intestine using a special camera attached to a flexible tube passed through your anus. During your colonoscopy your doctor will look at the walls of your colon to see if there are any problems that require treatment.

As soon as you get a date for your colonoscopy you need to (see all the details below):

- A. Review Important Cardiac Clearance Information
- B. Review Important Medicine Information
- C. Purchase the products you need to properly clean your colon for your colonoscopy (page 4)

10-days before your colonoscopy:

- A. Send us Cardiac Clearance information if it applies to you
- B. Follow Important Medicine Information guidelines if they apply to you

7-days before your colonoscopy:

- A. Start to Follow Your Colonoscopy Preparation Instructions

Day of your colonoscopy:

A. IMPORTANT CARDIAC CLEARANCE INFORMATION

If you have a cardiac defibrillator (AICD) or a permanent pacemaker (PPM) or any current cardiac problems we need a letter from your cardiologist at least **1 week before your colonoscopy**.

Cardiac problems include any history of heart attack, chest pain,



B. IMPORTANT MEDICINE INFORMATION

BLOOD THINNERS (ANTI-PLATELET MEDICINES)

If you take blood thinners, **ask your doctor who prescribed these for you if you should stop taking them before your colonoscopy.**

If your doctor does not want you to stop taking your blood thinners before your colonoscopy, please call our endoscopy nurse at 646-962-4000.

Commonly prescribed medications:

DO NOT STOP YOUR ASPIRIN UNLESS YOUR DOCTOR TELLS YOU TO DO SO

DIABETIC OR WEIGHT LOSS MEDICATIONS

If you take:	Do this:
Insulin or oral hypoglycemic pills	Check with your doctor who prescribed these for you as soon as possible for instructions on how to manage these medications before your colonoscopy.
SLGT2 inhibitors - Ertugliflozin (Steglatro), Canagliflozin (Invokana), Empagliflozin (Jardiance), or Dapagliflozin (Farxiga)	Stop taking this medicine three (3) days before your colonoscopy
Daily GLP-1 receptor agonist - Liraglutide (Victoza, Saxenda), Exenatide (Byetta), or Semaglutide oral tablet (Rybelsus)	Stop taking this medicine on the same day as your colonoscopy. You will need to take Miralax for one (1) week prior to your colonoscopy (see below)
Weekly GLP-1 receptor agonist - Dulaglutide (Trulicity), Exenatide (Bydureon BCise), Semaglutide injection (Ozempic or Wegovy), or Tirzepatide (Mounjaro, Zepbound)	Stop taking this medicine one (1) week before your colonoscopy. You will need to take Miralax for one (1) week prior to your colonoscopy (see below)

BLOOD PRESSURE MEDICINE

Blood pressure medicines, with the exception of diuretics (water pills), **should be taken as usual** on the day of the colonoscopy with a sip of water. **Diuretics should not be taken on the morning of the colonoscopy.**

IRON SUPPLEMENTS

Stop taking oral iron supplements **Five (5) Days Before Your Exam.** You can take these again after your colonoscopy.

C. WHAT TO BUY TO CLEAN YOUR COLON FOR YOUR COLONOSCOPY

NAME	QUANTITY	WHERE TO BUY
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ONE WEEK BEFORE EXAM (only if you take a GLP-1 receptor agonist):

- Mix 1 capful (17 grams) of Miralax in an 8-ounce beverage and drink it once a day, every day, before your colonoscopy (Don't forget to stop your GLP-1 receptor agonist, see page 3)

ONE DAY BEFORE EXAM AT 9 AM:

- Mix the Golytely by adding warm water up to the top of the line on the bottle & put in the refrigerator at 9am

ONE DAY BEFORE EXAM AT 12 PM:

- Take two (2) Dulcolax laxative tablets with 8-ounce of water or other clear liquid

ONE DAY BEFORE EXAM AT 5 PM:

- Take another two (2) Dulcolax laxative tablets with 8-ounce of water or other clear liquid
- Drink one 8-ounce glass of Golytely every 15 minutes until you finish HALF (½) of the bottle

This will cause you to have loose stools. Loose stool may not start until after you finish the next step of the prep

Because of the frequent stools, irritation of the anal area may occur. To minimize this discomfort, use soft toilet paper and you may apply petroleum jelly to the area as soon as the diarrhea begins

Continue drinking even if you have diarrhea. You may have nausea. If you do, take a 60-minute break and then restart drinking

5 HOURS BEFORE YOUR EXAM:

- Take one 250 mg or two 125 mg Gas-X (or generic brand simethicone) pill(s)
- Drink one 8-ounce glass of Golytely, every 15 minutes until you finish the entire bottle. You must finish drinking the mixture within 2 hours

It is important that you

BEFORE YOUR COLONOSCOPY

When you arrive, you will be asked to register and sign several forms. You also have the option to check-in online through MyChart. You will need to state and spell your name and date of birth to verify your identification.

After changing into a hospital gown, a nurse will place an intravenous (IV) catheter in your arm. An anesthesiologist will review your medical history. Your doctor will explain the procedure in more detail including any risks and answer any questions you have.

You will be brought into the procedure room and attached to equipment that will monitor your heart, breathing, and blood pressure. You will receive oxygen through your nose. You will be given anesthesia through your IV, which will make you fall asleep. The doctor will use a scope to examine your colon. If polyps are found, your doctor will remove them and send them to the lab. Usually, the colonoscopy is painless.

AFTER YOUR COLONOSCOPY IN THE RECOVERY ROOM

You will wake up in the recovery room. Some people may feel bloated or have stomach cramps after a colonoscopy. This is normal and goes away by passing gas.

Once you are fully awake, your nurse will remove your IV. Your doctor will then discuss your colonoscopy results with you. Your nurse will explain your discharge instructions before you go home.

Your escort will then take you home.

AT HOME

If you had a biopsy, you may notice a few drops of blood coming from your rectum. This is normal after a biopsy.

Please do not drink alcoholic beverages for 24 hours after your colonoscopy. Avoid carbonated beverages, raw fruits, and salads for your first meal after your colonoscopy. You may resume your normal diet and activities the next day.

IMPORTANT! Due to hospital policy, you must have someone 18 years or older pick you up and escort you home after your procedure.

The procedure will not begin until this plan has been made. If you are unable to confirm, your appointment will be cancelled.

We estimate you should be ready to be

Discharge Time: 12:00 PM - 1:00 PM

