

Your Colonoscopy Location:

David H Koch Building
Endoscopy Center
1283 York Avenue, 8th Floor
New York, NY 10065

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

Lower Manhattan Hospital
Endoscopy Suite
170 William Street,
2nd Floor
New York, NY 10028

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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.

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|-----------------------|------------------------|
| warfarin(Coumadin®) | apixaban (Eliquis®) |
| dalteparin(Fragmin®) | rivaroxaban (Xarelto®) |
| tinzaparin(Innohep®) | prasugrel (Effient®) |
| enoxaparin(Lovenox®) | ticagrelor (Brilinta®) |
| clopidogrel (Plavix®) | edoxabar(Savaysa®) |
| cilostazo(Pletal®) | heparin |
| dabigatran (Pradaxa®) | |

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
<p>SUPREP</p> 	<p>2 bottles</p>	<p>Pharmacy</p>
<p>Gas-X Or generic simethicone pills</p> 	<p>Two 125mg tablets or One 500 mg tablet</p>	<p>Pharmacy (over the counter, no prescription needed)</p>
<p style="background-color: yellow;">If you are on a GLP -1 receptor agonist, also buy:</p> <p>MiraLAX or generic polyethylene glycol 3350</p> 	<p>1 bottle (238 g)</p>	<p>Pharmacy (over the counter, no prescription needed)</p>



Seven (7) Days Before Your Exam:

Eat a low fiber diet: avoid nuts, seeds, corn, beans, quinoa, and raw (uncooked) fruits and vegetables. These foods are hard to digest, do not easily clear out of your colon and will make it difficult for your doctor to get a clear4372 0 0 0 0foo0.0012-0.002 Th4372 0 0 0 0foo0. k1]TJ on qu.9 (on qu.9.005 Tw 0.272 0 Td (to)Tj k1]TJ on q ya)-9.3 (ke).



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