

Capital Region Gastroenterology

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CCP ENDOSCOPY Suite 6 Wellness Way, GO4 Latham, NY 12110 WEST ENTRANCE

Patient Name: _____

Arrival time: _____ Day: _____ Date: _____

You will arrive 45 minutes prior to your procedure.

Expect to be at the facility at least 90 minutes from when they take you in for the procedure.

You do need a ride; you will be sedated and are **NOT** allowed to drive. Please ask your ride to stay in the building or do not leave the Latham area. You will be done in 90 minutes.

For better colonoscopy preparation results: Please eat lightly 3 to 4 days prior, half what you normally eat this includes Rice, Bread, Pastas. You will need to purchase MiraLAX and Laxatives over the counter.

PURCHASE AT THE PHARMACY: (6) 5mg tablets of Dulcolax and a 238g bottle of MiraLAX powder or any generic brand, along with 64 ounces of Gatorade, NO RED, ORANGE, or PURPLE. **Another other color is allowed.** If you don't like Gatorade, you can use 64 oz of Water, or 64 oz of Crystal Light.

TWO WEEKS PRIOR TO PROCEDURE: You must stop ALL GLP-1 medications. This includes Wegovy, Zepbound, Ozempic, Rybelsus, Monunjaro, and any Semaglutide.

ONE WEEK PRIOR TO PROCEDURE: Do not take any iron pills or medications that cause bleeding. These include PLAVIX, XERALTO, COUMADIN, Eliquis, Xarelto Aspirin, Percodan, Alka-Seltzer. **If you take a Blood Thinner, please discuss with the doctor.** You must stop Advil, Motrin, Nuprin, Naproxen, Sulindac, Clinoril, Piroxicam, Feldene, Indomethacin, Indoein, Diclofenac, Voltaren. Tylenol and other brands of Acetaminophen are SAFE TO USE.

Two nights prior take (2) 5mg Dulcolax tablets in the evening.

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Afternoon appointments: After 12 noon

At 5 to 6 am take 2 tablets of Dulcolax, laxative pill with water by mouth.

At 7am add the whole 238 gram bottle of Miralax to the 64 ounces of Gatorade. Start drinking the Gatorade/ MiraLAX solution. Drink 8-ounce glass every 10 minutes until completed. Make sure you finish by 10 am.

You may continue to drink clear liquids up to 2 hours before the time of your exam. **DO NOT EAT ANY FOOD.**

DO NOT EAT UNTIL AFTER YOUR PROCEDURE. NO MEDICATION DAY OF THE PROCEDURE UNLESS DIRECTED BY THE DOCTOR UNTIL AFTER HIS PROCEDURE. YOU NEED A RIDE OR THEY WILL NOT DO THE PROCEDURE.

YOUR RESULTS WILL BE IN THE FOLLOW MY HEALTH PORTAL IN 1-2 WEEKS AFTER THE PROCEDURE AND THEY WILL BE MAILED TO YOU.

Driver and Transportation policy following Sedation.

CCP Endoscopy and Surgical Suite

How long will my appointment take?

To assure you the best care possible, please expect your stay to be under 2 hours total.

This time includes arriving no later than 45 minutes prior to the appointment time given to you by the physician's office. Arriving at your appointment start time means that the patient scheduled ahead of you will go before you.

Your driver will be brought in to sit with you after your procedure is completed.

Procedure time typically runs from 20 minutes to 45 minutes.

Recovery time is 30 minutes to 45 minutes.

As this is a brief amount of time, your driver is encouraged not to leave the building. If they must leave, they should not be more than 10 minutes away. Please encourage your driver to answer the phone if they do not recognize the number.

Who CANNOT be my responsible driver?

Taxi drivers (this includes Medicare/Medicaid or other insurance provided transportation).

Uber, Lyft, and any type of ride share arrangement.

Bus or shuttle drivers.

Those under 18 years old and/or do not have a valid driver's license (no learners permit allowed).

PLEASE NOTE: If the person responsible for your care following your sedation does not drive, then the use of any of the above is permitted. This person must accompany you to and from your procedure and is not to leave the building.

What are the responsibilities of my driver?

Your driver needs to be easily available when your procedure is complete, and the physician is ready to review results.

If you are not comfortable with your driver receiving results, that is fine. Please remember that once you receive sedation, your recall will be impaired. Written discharge information will go home with you. Your driver must sign your paperwork as you cannot legally do so following sedation.

Your driver needs to be a friend or family member who you are comfortable enough to have sign your discharge directions. Discharge directions will contain basic information regarding findings for your after care.

Failure to follow these instructions will result in the cancelation of your procedure.