



## Yogesh Gupta, MD F.A.C.P

147 Hoosick Street Suite A Troy, NY 12180

 Phone: (518) 272-5080

 Fax: (518) 272-5085

### **Pre-Procedure Instructions**

To ensure your procedure goes smoothly, please follow these important preparation steps:

- Please discontinue any **ASPIRIN and/or ANTI-INFLAMMATORY** medications of any kind, 7 days before your procedure
  - Refer to the attached list of medications to stop
  - If unsure about any medication that you need to stop, call our office or your pharmacy
- For pain control you may use Tylenol (acetaminophen) **ONLY**.
- **Stop IRON products** 7 days before your procedure.
- If you are taking **ELIQUIS or BRILINTA**, stop 3 days before the procedure and consult your doctor to confirm it's safe to stop.
- If you are taking **COUMADIN or WARFARIN (blood thinners)**, stop 5 days before the procedure and get blood work done the day before.
  - Please check with your cardiologist to make sure it is safe to stop the medication
- Your insurance may require **a copay for BOTH the hospital and the doctor**
  - Please verify with your insurance provider if a copay is required. Additionally, some costs of your procedure may not be fully covered by insurance. Contact your provider to understand what is covered and what your out-of-pocket expenses may be.

**NOTE:** Procedures must be scheduled and completed within 90 days of your office visit. If not, you will need to return for another appointment. **If you cancel or do not show up for your procedure, it is your responsibility to reschedule.**

**New York State law requires that you have a driver to take you home after your procedure. If you plan to take a taxi or Uber, you must have someone accompany you (other than the driver).**

**NOTE: IF YOU DO NOT HAVE A DRIVER OR SOMEONE WITH YOU THE PROCEDURE WILL NOT BE PERFORMED. PLEASE MAKE ARRANGEMENTS TO HAVE A RIDE BEFORE YOUR PROCEDURE.**

## **MIRALAX PREP:**

Before your procedure, you will need to purchase the following items:

1. A 238-gram bottle of **MIRALAX POWDER** (store brand is fine), available over the counter at your pharmacy. No prescription is required.
2. A bottle of **MILK OF MAGNESIA** (store brand is fine), available over the counter at your pharmacy. No prescription is required. **Avoid red dye.**
3. **Half a gallon (64 oz) of any clear liquid** (avoid red, purple, green, and blue dyes, and nothing carbonated).
  - o Examples: Gatorade, lemonade, iced tea, water, flavored water, Crystal Light, apple juice.
4. **4 Dulcolax laxatives.**
5. **4 Gas-X tablets.**

### **2 Days Before the Procedure:**

- Start a **clear liquid diet** at breakfast and continue throughout the day.
  - o **Note:** No solid foods, no dairy products, and no alcohol.
- Clear liquids allowed throughout the day are the following:
  - o Water, clear juices (no pulp) – **LEMON ONLY**
  - o **Avoid** red, purple, and green-colored items.
- You may start taking the laxatives any time during the day, but no later than **4:00 PM:**
  1. Take **2 tablespoons of milk of magnesia.**
  2. **30 minutes later**, take **2 Dulcolax laxatives.**
  3. **30 minutes after that**, mix the entire 238-gram bottle of Miralax with **½ gallon (64 oz) of clear liquid** and drink it.
  4. Once finished with the Miralax mixture, take **2 tbsp of milk of magnesia.**
  5. At **6:00 PM**, take **4 Gas-X tablets (any color)** with a full glass of water.
- Please note that the preparation affects everyone differently. **Nausea and abdominal distention are normal.** You may continue drinking clear liquids until midnight, but nothing by mouth after midnight. Do not drink anything in the morning, including coffee. This is for your safety, as we want to prevent vomiting during the procedure. In rare cases, vomiting can lead to pneumonia.
- **For diabetics:** If you take medication, take **half your usual dose** on the day of preparation and the morning of the procedure, as you will not be eating solid food. You may use table sugar if needed.
- On the **morning of the procedure**, please remove all jewelry (including piercings) in case cautery (heat) is needed.
- You may take your **morning medications** up to **4 hours before** arriving at the hospital.

## **BLOOD THINNING MEDICATIONS**

(All of these need to be stopped 7 days before your procedure)

ADVIL	JANTOVEN (WARFARIN)
AGGEDOX (DIPYRIDAMOLE)	KETOPROFEN (ORUVAIL, ORUDIS)
ALEVE (NAPROSYN, NAPROXEN)	LODINE (ETODOLAC)
ARIIXTA INJECT (FONDAPARINUX)	LOVENOX INJECTIONS (ENOXAPARIN)
ASPIRIN (BAYER, EXCEDRINE, BABY, ETC.)	MOBIC (MELOXAM)
CATAFLAM (DICLOFENAC POTASSIUM)	MOTRIN (IBUPROFEN)
CELEBREX (CELECOXIB)	PERSANTINE (DIPYRIDAMOLE)
CLINORIL (SULINDAC)	PLAVIX (CLOPIDOGREL)
EFFIENT (PRASUGREL)	PLETAL (CILOSTAZOL)
ELIQUIS (STOP 3 DAYS)	PRADAXA (DABGATRAN)
FELDENE (PIROXICAM)	RELAFEN (NABUMETONE)
FISH OIL	TICLID (TICLODIPINE)
GARLIC TABS	TORADOL INJECTION (KETOROLAC)
HEPARIN INJECTIONS	TRENTAL (PENTOXIFYLLINE)
HERBAL SUPPLEMENTS	VITAMIN E
INDOCIN (INDOMETHACIN)	VOLTAREN (DICLOFENAC SODIUM)
OZEMPIC	MOUNJARO
WEGOVY	ZEPBOUND

## **SIMILAR WEIGHT LOSS AND DIABETIC MEDICATIONS**

- **COUMADIN/WARFARIN:** Stop 5 days before the procedure.
- **ELIQUIS, BRILINTA, & XARELTO:** Stop 3 days before the procedure.

**Note:** Consult your prescribing doctor to ensure it is safe for you to stop these medications before doing so.

If you have any questions or need further clarification about these instructions, please do not hesitate to contact our office. Your adherence to these guidelines is crucial for the success of your procedure and your overall safety.

### **Yogesh Gupta, MD**

147 Hoosick Street, Suite A

Troy, NY 12180

Phone: (518) 272-5080

Fax: (518) 272-5085

Thank you for your attention to these important details. We look forward to assisting you with your procedure.

