



### Procedure Instructions

For your safety and for optimal visualization, please read and follow these instructions carefully. **If you have any questions, please call the office at 757-826-3434.**

If you are having a colonoscopy, please also follow the prep instructions provided by the office, do not use the instructions that come with the prep kit.

**You may not eat any food on the day of your procedure.** You may drink clear liquids (water, apple juice, white grape juice, and Gatorade), **BUT STOP CLEAR LIQUIDS 3 HOURS BEFORE YOUR SCHEDULED PROCEDURE TIME.**

- **The day of your procedure, take medications as usual for blood pressure, seizures, anxiety, and other cardiac related drugs (i.e. beta blockers, calcium channel blockers). If your procedure is early in the morning, take your pills with a small sip of water as soon as you get up.**
- If you are on a blood thinner such as **Coumadin, Warfarin, Eliquis, Plavix, Pradaxa, Xarelto, Effient, or Brilinta**, let your physician know before scheduling and they will determine whether to take it or not.
- If you are diabetic, we recommend that you take ½ of your usual insulin dose the day of your procedure. **Do not take oral medications for diabetes** (Metformin, Glucophage, etc.) **the morning of your procedure.** Please wait until after the procedure. We will check your blood sugar prior to the procedure. Optimal blood sugar for procedure is <250.
- Use of GLP-1 agonists for weight loss (*Ozempic semaglutide, Trulicity dulaglutide, Byetta exenatide, Victoza liraglutide, Bydureon exenatide, Wegovy semaglutide, Mounjaro/Zepbound tirzeplatide, Rysbelsus semaglutide, Saxenda liraglutide*) must be stopped 1 week prior to the procedure.
- Use of phentermine must be stopped 3 days prior to the procedure.
- **Do not chew gum or candy the day of your procedure.**
- Colonoscopy/endoscopy procedures are unaffected by menstrual cycle.
- **DO NOT SMOKE MARIJUANA THE DAY OF YOUR PROCEDURE.**

**You must have a driver for your procedure; you will be sedated and not allowed to drive yourself. You may not take a taxi, bus, or Uber/Lyft home from the procedure.**

**72 hours (3 business days) notice is required for cancellations or you will be charged a fee of \$150. We appreciate your cooperation.**