

JEFFREY A GOLDSTEIN, MD @NAME@
UR Thompson @DOB@
Gastroenterology
395 West Street, Bldg 20B @TODAYDATE@
Canandaigua, NY 14424
(585) 978-8277

Scheduled date of Colonoscopy: ***

Please report to:

FF Thompson Hospital
Ambulatory Procedures Center
395 West Street

Enter via " The Thompson Way" off "West Street"

Look for Door 15 at the Constellation Center for Health & Healing

Phone#: (585) 396-6595

Patient arrival time:

THE AMBULATORY PROCEDURE CENTER (APC) WILL CALL YOU THE AFTERNOON BEFORE YOUR PROCEDURE AROUND 2:00 PM WITH YOUR EXACT ARRIVAL TIME.

Please plan on 90 minutes for the procedure, including recovery time. You will need to arrange to have a responsible person stay in the waiting area during your procedure.

Please Note: F.F. Thompson Hospital has a strict post-procedural / post-anesthesia / post-sedation patient transportation policy. If you are scheduled to undergo a surgical procedure that will require sedation or anesthesia, the hospital policy requires that a responsible individual accompany you to and from the procedure. If you do not have a responsible individual to accompany you, your procedure will not be performed.

Blood Thinners & Diabetic Medication

If you take any diabetic or blood thinner medications, our office will contact the prescribing doctor for guidance regarding holding your medication.

Our nursing staff will contact you prior to your appointment with instructions.

Diabetic Medication

If you take diabetic medications, we recommend holding oral medications the evening prior to and morning of the procedure. If you take long-acting insulin, we recommend taking ½ your usual dose the evening prior to the procedure and hold the morning dose on the day of the procedure.

Stop all GLP-1 Medication used for weight loss (1) week prior to your procedure.

(Examples: Ozempic/Wegovy/Mounjaro/etc)

Preparing for Your Procedure: Colonoscopy:

7 DAYS PRIOR: to the procedure, hold anti-inflammatory medications such as Ibuprofen (Motrin), Advil, Aleve, Meloxicam (Mobic), Midol, Naprosyn, Felden, Nuprin, or Celebrex. It is not necessary to hold Aspirin. It is acceptable to use Tylenol (acetaminophen) products for pain relief.

3 DAYS PRIOR: stop the consumption of any fruits, vegetables, nuts and seeds. It is acceptable to consume meat, eggs, dairy products, fish, pasta, rice, potatoes (without skin).

DO NOT smoke marijuana or consume anything containing THC 72 hours prior to your surgery. Doing so within 72 hours prior to surgery could result in your surgery being cancelled.

1 DAY PRIOR: begin a clear liquid diet from the time you wake up until after your procedure is completed. You may take your regular medications unless previously instructed to hold. **Do not consume any solid foods. YOU CAN EAT AFTER YOUR PROCEDURE.** Begin the preparation medication in the afternoon as instructed below.

THE DAY OF: the procedure you may consume (1) 8oz glass of water up to 2 hours prior to your arrival time. You may take your regular medications (unless previously instructed to hold) with a minimal amount of water early in the morning. **NO FOOD UNTIL AFTER YOUR PROCEDURE.**

**COLONIC PREP:
DO NOT FOLLOW THE INSTRUCTIONS ON THE PACKAGE INSERT.
FOLLOW THE INSTRUCTIONS GIVEN BY US.**

PREP

Nulytely/Golytely – Starting at 3:00 pm & finishing by 6:00 pm

Step 1: This product can be used with or without a flavor packet that comes with the bottle. If adding a flavor, tear open flavor packet and pour contents into the bottle **before** reconstitution. (Discard unused flavor packets).

Step 2: Add lukewarm water to the top line on bottle. Cap the bottle and shake until all powder is dissolved. The mixed solution will be clear and colorless. *Do not add anything else, such as flavorings, to the solution* Once reconstituted, keep the solution refrigerated.

Step 3: Drink (1) 8oz glass every 10 minutes. Rapid drinking of each portion is better than drinking small amounts continuously.

Step 4: The first bowel movement usually occurs approximately 1 hour after you start drinking Nulytely/Golytely. Continue to drink the solution until the watery stool is clear and free of solid matter. This usually requires at least 3 liters.

Note: You will still have loose bowel movements for about 1 to 2 hours after you finish drinking the solution. The solution should be used within 48 hours. Discard any unused portion.

You may consume (1) 8oz glass of water up to 2 hours prior to your arrival time. **NO FOOD COMSUMPTION**

Examples of clear liquids:

Sprite, Ginger Ale, Black coffee, Tea, Water, Crystal Lite, Iced tea, Clear Broth, Apple Juice.

AVOID RED and PURPLE colored drinks, **NO Fruit, NO Pulp, NO Dairy**
Do not consume dairy products or non-dairy powder.

If you have any questions regarding your colonoscopy and/or the prep instructions, please call the GI office staff at (585) 978-8277.