

Gastroenterologist of Ocean County  
**PROCEDURE INSTRUCTIONS**

What to expect	Additional Instructions
<ul style="list-style-type: none"> <li>✓ A member of the endoscopy center staff will call you approximately 3 days prior to your procedure with your arrival time.</li> <li>✓ You will be notified if there is a change in time due to cancellations, emergencies, and the procedure schedule.</li> <li>✓ If you cannot be flexible, your procedure will be canceled.</li> <li>✓ You can expect to be at the endoscopy center for approximately 2 hours.</li> </ul>	<ul style="list-style-type: none"> <li>○ EGD procedures- NO solid food after midnight on the day of your procedure.</li> <li>○ EGD and Colonoscopy procedures- limited quantities of water or clear juice allowed up to 4 hours prior to your procedure</li> <li>○ <b>NO marijuana</b> the day before or the day of your procedure</li> <li>○ <b>NO tobacco</b> use the day of your procedure</li> <li>○ If you have dentures, you may need to remove them at the time of the procedure. The center will provide a denture cup. Please do not use adhesive.</li> <li>○ NO Contact lenses</li> <li>○ NO make up</li> <li>○ NO jewelry (wedding bands are OK). The anesthesiologist may request BODY JEWELRY removed for the procedure.</li> <li>○ If you have respiratory problems or sleep apnea and use inhalers or a CPAP machine, please bring them with you.</li> <li>○ Females of childbearing age are required to provide a urine sample on admission to verify pregnancy status. If positive your procedure will be cancelled.</li> <li>○ Any changes to your insurance must be submitted at least 1 week prior to your procedure.</li> </ul>
<p style="text-align: center;"><b>Medications</b></p> <p>Please bring the complete PATIENT MEDICATION LIST, even if you do not take any medications. Please include all medications, including over the counter and herbals.</p>	
<p>Advise your physician if you take any of the following medications: <b>ASPIRIN, BABY ASPIRIN, ECOTRIN, NSAIDS, (MOTRIN, ALEVE, ADVIL), HERBAL SUPPLEMENTS, VITAMIN E</b> and/or <b>BLOOD THINNERS (COUMADIN, XARELTO, PLAVIX, etc)</b>. You will be given <b>SPECIFIC INDIVIDUAL INSTRUCTIONS REGARDING THESE MEDICATIONS</b>. If you are unsure, please call the office.</p>	<p><b>GLP-1</b> (ex- <b>Wegovy, Ozempic, Zepbound</b>). Stop taking these medications 8 days before your procedure for weekly doses, one day prior for daily doses.</p>
	<p>If you take <b>IRON</b>, please hold it for 1 week prior to your procedure.</p> <p><b>TYLENOL</b> (acetaminophen) is permitted.</p>
<p>It is extremely important that you <b>take any blood pressure, heart, lung and seizure medications on the morning of your procedure</b> with a sip of water.</p>	
<p>If you are <b>diabetic</b>, please test your blood sugar at home before coming in. Postpone diabetic medications until after procedure that day or as directed by a doctor.</p>	<p>Over the counter topical ointment/cream may be used for rectal discomfort.</p>

**FAILURE TO FOLLOW THESE INSTRUCTIONS MAY RESULT IN CANCELLATION OF YOUR PROCEDURE**