

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><input type="radio"/> EGD procedures- NO solid food after midnight on the day of your procedure.</li> <li><input type="radio"/> EGD and Colonoscopy procedures- limited quantities of water or clear juice allowed up to 4 hours prior to your procedure</li> <li><input type="radio"/> <b>NO marijuana</b> the day before or the day of your procedure</li> <li><input type="radio"/> <b>NO tobacco</b> use the day of your procedure</li> <li><input type="radio"/> 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><input type="radio"/> NO Contact lenses</li> <li><input type="radio"/> NO make up</li> <li><input type="radio"/> NO jewelry (wedding bands are OK). The anesthesiologist may request BODY JEWELRY removed for the procedure.</li> <li><input type="radio"/> If you have respiratory problems or sleep apnea and use inhalers or a CPAP machine, please bring them with you.</li> <li><input type="radio"/> 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><input type="radio"/> Any changes to your insurance must be submitted at least 1 week prior to your procedure.</li> </ul>

### Medications

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.

Advise your physician if you take any of the following medications: **ASPIRIN, BABY ASPIRIN, ECOTRIN, NSAIDS, (MOTRIN, ALEVE, ADVIL), HERBAL SUPPLEMENTS, VITAMIN E** and/or **BLOOD THINNERS (COUMADIN, XARELTO, PLAVIX, etc)**. You will be given **SPECIFIC INDIVIDUAL INSTRUCTIONS REGARDING THESE MEDICATIONS**. If you are unsure, please call the office.

**GLP-1 (ex- Wegovy, Ozempic, Zepbound)**. Stop taking these medications 8 days before your procedure for weekly doses, one day prior for daily doses.

If you take **IRON**, please hold it for 1 week prior to your procedure.

**TYLENOL** (acetaminophen) is permitted.

It is extremely important that you **take any blood pressure, heart, lung and seizure medications on the morning of your procedure** with a sip of water.

If you are **diabetic**, please test your blood sugar at home before coming in. Postpone diabetic medications until after procedure that day or as directed by a doctor.

Over the counter topical ointment/cream may be used for rectal discomfort.

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