

## Three Days before your colonoscopy:

**Begin a low residue diet** – avoid foods with nuts, seeds, raw fruits/vegetables, dried fruits, corn, beans, whole grains, quinoa, popcorn, lentils, peas. Ok to eat easy to digest foods like white bread, white rice, canned fruit without skins, pasta, cooked meat, tofu, eggs, tomato sauce, cheese, yogurt.

## Please review the list of medications which need to be held prior to the procedure:

**If you use iron supplements or Pepto-Bismol, please stop taking 7 days prior to your procedure.** It is safe to continue taking baby aspirin and other pain medications. If you are taking blood-thinning medication (see provided list) please call your primary care physician or coumadin clinic for instructions on when to stop these medications before your procedure.

**If you are taking any injectable medications for weight loss or diabetes, (see provided list), these need to be held 1 week before your procedure.**

If you are on an oral weight loss or diabetic medication do not take these the morning of the procedure. If you are on insulin, take half your normal dose. Please confirm with your physician before scheduled procedure day. Take all other medications prescribed with a small sip of water at least 2 hours before the procedure. If you use inhalers please bring them with you.

- It is the patient's responsibility to check with your insurance company for the following reasons: Is the procedure covered, is the physician and facility in network, or do I have out of pocket expenses. There are 3 to 4 fees involved in your procedure: facility, physician, anesthesia and pathology. We advise you to discuss these charges with your insurance company.
- You will receive a call a few days prior to your procedure from a member of the endoscopy staff to confirm your arrival time. Arrival times are subject to change due to cancellations and schedule changes. We apologize in advance for any inconvenience.
- If you need to cancel your procedure, please cancel 1 week in advance by calling 508-586-8700, otherwise you may be subject to a cancellation fee. After 3 cancellations, there is a rescheduling fee or you will be required to schedule and office visit.

**\*\*\*DUE TO SEDATION, YOU ARE REQUIRED TO HAVE A FRIEND OR FAMILY MEMBER DRIVE YOU HOME. WE WILL HAVE TO CANCEL YOUR PROCEDURE WITHOUT THE APPROPRIATE TRANSPORTATION. UBER/LYFT IS ONLY ACCEPTABLE IF A FRIEND OR FAMILY MEMBER IS WITH YOU. YOUR RIDE MUST BE AVAILABLE FOR THE DURATION OF YOUR PROCEDURE. THE FACILITY CLOSES AT 3:00. YOUR RIDE MUST BE AVAILABLE\*\*\***

**You will be receiving anesthesia and are at risk of falling. Our policy is to assist all patients after anesthesia to prevent falls. Your safety is our top priority.**

**PLEASE REMEMBER YOU CANNOT HAVE ANYTHING BY MOUTH FOR 2 HOURS PRIOR TO YOUR**

**PROCEDURE. CLEAR LIQUIDS NEED TO BE STOPPED BEFORE THE 2 HOURS.**