

## Colonoscopy Instructions

### Medication Alert

- **If you take any of these medications, please contact the NYGA office immediately.**  
Heparin, Lovenox, Warfarin (Coumadin), Rivaroxaban (Xarelto), Apixaban (Eliquis), Edoxaban (Lixiana, Savaysa), Betrixaban (Bevyxxa), Clopidigrel (Plavix), Prasugrel (Effient), Dabigatran Pradaxa), Bivalirudin (Angiomax), Argatroban (Argatra, Novastan, Arganova, Exembol), Brilinta (Ticagrelor) and Desirudin (Iprivask, Revasc)
- **If you take diabetes medications, contact your primary care doctor right away for instructions.**
- **If you take any of these or other novel diabetes or weight loss medications, please inform your NYGA doctor since these medications will need to be adjusted or the procedure will be cancelled.**  
Semaglutide, Wegovy, Ozempic, Rybelsus, Liraglutide, Sexenda, Victoza, Dulaglutide, Trulicity, Tirzepatide, Mounjaro, Zepbound, Exenatide, Byetta, Bydureon, Lixisenatide, Adlyxin
- **DO NOT skip your blood pressure medications including the days before and the day of your procedure. If taking blood pressure medication within 3 hours of the procedure, drink no more than a few sips of water.**

### Beginning 7 Days Before Your Procedure

<p><b>7 Days Before</b></p>	<ul style="list-style-type: none"> <li>• Stop all fiber supplements and medications containing iron, including multivitamins</li> <li>• Drink 6-8 cups (8oz) of water each day leading up to your procedure</li> <li>• Arrange for someone to pick you up after your procedure</li> <li>• Purchase a 238gram bottle of Miralax from your local pharmacy</li> <li>• Purchase 2 separate 10oz bottle of Magnesium Citrate (20oz total) from your local pharmacy</li> <li>• Purchase 4 Dulcolax tablets of 5mg each (20mg total) from your local pharmacy</li> <li>• Purchase 4 bottles of Gatorade 32oz each (No red, orange, or purple colors)</li> </ul>	
<p><b>3 Days Before</b></p>	<p><b>Avoid High Fiber Foods including:</b></p> <ul style="list-style-type: none"> <li>• Raw fruits and vegetables</li> <li>• Whole wheat bread or crackers</li> <li>• Seeds</li> <li>• Nuts</li> <li>• Popcorn, Bran</li> <li>• Quinoa</li> <li>• Corn</li> </ul>	<p><b>Begin a Low Fiber Diet such as:</b></p> <ul style="list-style-type: none"> <li>• White bread and rice</li> <li>• Eggs</li> <li>• White meat (turkey, chicken)</li> <li>• Fish</li> <li>• Cheese</li> <li>• Yogurt</li> <li>• Milk</li> <li>• Cooked vegetables</li> </ul>
<p><b>2 Days (48 Hours) Before</b></p>	<p><b>NO solid foods. Only clear liquids including:</b></p> <ul style="list-style-type: none"> <li>• Water</li> <li>• Apple, white grape, and white cranberry juices without pulp</li> <li>• Clear soup broth</li> <li>• Tea or coffee (<b>NO</b> milk, cream)</li> <li>• Gatorade / Powerade (<b>NO</b> red, orange, or purple colors)</li> <li>• Jell-O (<b>NO</b> red, orange, or purple colors)</li> <li>• Popsicles or sorbet (<b>NO</b> red, orange, or purple colors)</li> <li>• <b>NO</b> alcohol</li> </ul>	

## 48 Hour Instructions for Miralax

### 48 HOURS BEFORE PROCEDURE

<p><b>48 hours before procedure starting at noon</b></p>	<ul style="list-style-type: none"> <li>- Take all 4 Dulcolax tablets (20mg total)</li> <li>- Drink 16 ounces of Gatorade</li> <li>- Wait until 3 pm then drink one of the 10 oz bottle of Magnesium Citrate</li> <li>- Wait until 5 pm then drink the second 10 oz bottle of Magnesium Citrate</li> <li>• If you experience nausea, bloating, or vomiting, drink slower or with ice.</li> </ul>
<p><b>Remainder of evening</b></p>	<ul style="list-style-type: none"> <li>• Drink another 16 ounces of Gatorade</li> </ul>

### DOSE 1

<p><b>At 6 pm the evening before procedure</b></p>	<ul style="list-style-type: none"> <li>• Prepare and drink 32 ounces as follows:             <ul style="list-style-type: none"> <li>- Empty half of the Miralax bottle (119g) into each of the 32-ounce Gatorade bottles</li> <li>- Mix until dissolved</li> <li>- Drink one of the Gatorade bottle mixes</li> <li>- Refrigerate the second Gatorade bottle mix</li> </ul> </li> <li>• If you experience nausea, bloating, or vomiting, drink the mixture slower or with ice.</li> </ul>
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### DOSE 2

<p><b>6 hours before your procedure</b>  (unless instructed otherwise by your doctor)</p>	<ul style="list-style-type: none"> <li>• Drink the second Gatorade/Miralax bottle mix (32 ounces)</li> <li>• Up until 3 hours before your procedure:             <ul style="list-style-type: none"> <li>- Casually drink clear liquids</li> <li>- Take your medications, as approved by your NYGA physician</li> </ul> </li> </ul> <p><b>NO FOOD OR DRINK (INCLUDING WATER) WITHIN 3 HOURS OF PROCEDURE</b></p>
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### Additional Information

<ul style="list-style-type: none"> <li>• This prep often works within 30 minutes but may take 4-6 hours. This prep will cause multiple bowel movements. The goal is for your colon to be empty when you come for your procedure.</li> <li>• <b>Arrive 30 minutes early.</b> Arriving late could lead to your procedure being delayed or canceled.</li> <li>• Upon arrival, females of childbearing age are legally required to provide a <b>urine sample for a pregnancy test.</b></li> <li>• After your procedure, someone must escort you home, and you must not drive for the rest of the day.</li> <li>• <b>Need to cancel your procedure? Please notify our office as soon as possible. You will be charged a cancellation fee of \$250 if the procedure is not cancelled at least 2 business days before your scheduled procedure time.</b></li> </ul>
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## Procedure Billing Information

### Appointment Details

You are scheduled for a procedure, such as a colonoscopy, upper endoscopy (EGD), or HemWell™, at one of our affiliated ambulatory endoscopy centers. Please check your NYGA patient portal to confirm the specific location, date, and time of your appointment.

### Billing Details

A procedure typically involves several fees that are payable to various parties, including the endoscopy center, New York Gastroenterology Associates (NYGA), and the pathology lab. These fees include:

Fee	Charged By
Facility fee	Endoscopy center
Anesthesia fee	Endoscopy center
Professional fee	NYGA
Pathology fee (if applicable)	Pathology lab (which may be NYGA)

### Out-of-Pocket Costs

Depending on your insurance, you may be responsible for out-of-pocket costs (e.g., copay, deductible, co-insurance) related to the above fees, as follows:

- Estimated out-of-pocket facility and anesthesia fees** payable to the endoscopy center are due on the day of your appointment. You will receive an estimate\* via call or text a few days before your procedure to reflect your remaining deductible and current policy details. If you do not receive a message, the estimate will be provided at check-in. The endoscopy center accepts cash, checks, and credit cards.

*\* Screening colonoscopies generally do not receive advance cost estimates, as they are typically fully covered by insurance. However, if the procedure is reclassified as diagnostic or surveillance based on findings, cost-sharing may apply and you could incur out-of-pocket costs that were not previously estimated.*
- Out-of-pocket costs related to professional and pathology fees** will be determined after the facility and anesthesia fees have been applied to your deductible and communicated to you separately.