Procedure Location	Watch Instruction Video	Prep Questions?
Manhattan Endoscopy Center 535 5th Avenue 5th Floor New York, NY 10017		Contact NYGA: Call: 212-996-6633 Text: 646-419-4947

Colonoscopy Instructions

Medication Alert

- **If you take <u>any of these medications</u>, 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 <u>diabetes medications</u>, contact your primary care doctor right away for instructions.**
- **If you take <u>any of these or other novel diabetes or weight loss medications</u>, 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 <u>blood pressure medications</u> 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

7 Days Before	• Stop all fiber supplements and medications containing iron, including multivitamins • Drink 6-8 cups (8oz) of water each day leading up to your procedure • Arrange for someone to pick you up after your procedure • Obtain your preparation medication (Plenvu) • Purchase a 10oz bottle of Magnesium Citrate from your local pharmacy	
3 Days Before	**Avoid High Fiber Foods including:** • Raw fruits and vegetables • Whole wheat bread or crackers • Seeds • Nuts • Popcorn, Bran • Quinoa • Corn	**Begin a Low Fiber Diet such as:** • White bread and rice • Eggs • White meat (turkey, chicken) • Fish • Cheese • Yogurt • Milk • Cooked vegetables
24 Hours Before	**NO** solid foods. **Only** clear liquids including: • Water • Apple, white grape, and white cranberry juices without pulp • Clear soup broth • Tea or coffee (**NO** milk, cream) • Gatorade / Powerade (**NO** red, orange, or purple colors) • Jell-O (**NO** red, orange, or purple colors) • Popsicles or sorbet (**NO** red, orange, or purple colors) • **NO** alcohol	

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Instructions for Plenvu & Magnesium Citrate

DOSE 1	
At 6 pm the evening before procedure	• Prepare and drink 32 ounces as follows: - Empty "Dose 1" into the mixing container that came in the package - Add 16 ounces of water to the container (fill to line) - Mix until dissolved - Drink the mix • If you experience nausea, bloating, or vomiting, drink the mixture slower or with ice. • Refill the container with 16 ounces of water (fill to line) and then drink
At 10 pm the evening before procedure	• Drink the 10 oz bottle of Magnesium Citrate. Finish drinking within 1 hour.

DOSE 2	
6 hours before your procedure **(unless instructed otherwise by your doctor)**	• Empty Pouch "A" and Pouch "B" into the mixing container • Add 16 ounces of water to the container (fill to line) • Mix until dissolved • Drink the mix • Refill the container with 16 ounces of water (fill to line) and then drink • Up until 3 hours before your procedure: - Casually drink clear liquids - Take your medications, as approved by your NYGA physician **NO FOOD OR DRINK (INCLUDING WATER) WITHIN 3 HOURS OF PROCEDURE**

Additional Information

- 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.
- **Arrive 30 minutes early.** Arriving late could lead to your procedure being delayed or canceled.
- Upon arrival, females of childbearing age are legally required to provide a **urine sample for a pregnancy test.**
- After your procedure, someone must escort you home, and you must not drive for the rest of the day.
- **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.**

NEW YORK GASTROENTEROLOGY ASSOCIATES

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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 the estimate via call or text a few days before your procedure to ensure it reflects your remaining deductible and current policy details. If you do not receive this message, the estimate will be provided at check-in. The endoscopy center accepts cash, checks, and credit cards.

- **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.

Important note on screening colonoscopies: While many insurers cover screening colonoscopies, you may have additional out-of-pocket costs if your procedure is reclassified as surveillance or diagnostic based on the findings.