**Ulster Gastroenterology, PLLC**

**Ulster Endoscopy Care PLLC**

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**Patients Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Arrival Time: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Flexible Sigmoidoscopy**

**1. NOTHING to eat or drink after midnight the night before your procedure.**

**No water, gum, candy or mints.**

**2. You need to give yourself 1 Fleet Enema 2 hours before your arrival time. Fleet Enemas are bought over the counter.**

**3. You may take your Cardiac, Blood Pressure, pain and/or anxiety medication the morning of your procedure with a TINY sip of water.**

**4. You MUST have a ride home. Taxis are NOT allowed.**

**5. Female patients between the ages of 14-55 will be asked to complete a urine pregnancy test at the facility before receiving sedation.**

**\*Check your blood sugar in the morning of your procedure, if it is higher than 250 take half of your dose of insulin, if it is lower than 250 do not take your insulin.**

**Colonoscopy Patient Instructions**

**Within one week of your colonoscopy**

The following medications usually need to be stopped:

Iron supplements, vitamins containing iron, Vitamin E and fiber supplements

**3 days before your colonoscopy**

Please check with your prescribing physician about stopping these medications;

Coumadin (warfarin), Plavix (clopidogrel), Ticlid (ticloipdine), Pradaxa, and any Other blood thinning medications except aspirin.

**2 days before your colonoscopy**

Stop eating raw fruits and vegetables, seeds and nuts. Canned fruit and cooked vegetables are fine.

**The day before your colonoscopy**

Start clear liquids in the am. Clear liquids ONLY for the whole day.

Clear liquids include: Water, broths, bullions, coffee, tea, strained juices such as apple, white grape, orange, lemonade, Jell-o, gatorade, ice pops, crystal light, any kind of tea. Avoid milk or non-dairy creamer and anything colored red or purple, or anything carbonated.

Start your prep no later than 3pm. Follow your particular prep instructions.

Drink as much fluids as you can to keep yourself hydrated, and stay as active as you can to expedite the prep process.

DO NOT DRINK ANYTHING AFTER MIDNIGHT!

**The morning of your colonoscopy**

You may take any blood pressure, cardiac, anxiety, thyroid, or pain medications with a sip of water.

No driving yourself home from your colonoscopy. You MUST have a driver to sign you out. Taxis are NOT allowed. No driving until the next day.

Check your blood sugar, if it’s higher than 250, take half dose of insulin, if lower than 250, do not take your insulin.

Female patients between the ages of 14-55 will be asked to complete a urine pregnancy test at the facility before receiving sedation.