

Dear Patient:

Your Colonoscopy and/or Upper Endoscopy with Dr Manish Tandon has been scheduled on date: \_\_\_\_\_ time: \_\_\_\_\_ am / pm at \_\_\_\_\_

Please arrive 1 hour prior to procedure time at \_\_\_\_\_ am / pm

If your insurance company requires an insurance referral for the procedure, then please contact your primary care physician several days prior to the date of procedure to ensure a referral has been placed. If the referral is not approved and given to our office you will be responsible for the bill.

**\*\* Each patient is responsible to check with their insurance company to make sure the procedure is a covered service under their plan, whether for routine screening or for diagnostic purposes \*\***

To avoid delays on the day of your procedure, please fill out the forms attached, which will be reviewed with the nurses when you arrive. You will need to check in at the Admitting Office and they will review registration information, check you in, and direct you to the GI Unit once completed.

**\*\* Please see Dr Tandon's attached CANCELLATION policy. We REQUIRE notification At least 72 hours (weekends excluded) prior to the date of the procedure, Else a NO SHOW fee of \$250 will be charged \*\***

**Prep instructions: PLEASE READ CAREFULLY**

1. If you are being sedated for the procedure, then you will NOT be allowed to drive post procedure and **will need an Adult person to accompany you from the endoscopy suite post procedure.** Please be sure to arrange a ride in advance.
2. If you are on blood thinning medications such as Coumadin (warfarin), Eliquis, Xarelto, Plavix, then please ensure this is OK to STOP with your primary care or prescribing physician prior to the procedure. Please call Dr Tandon's office to discuss if needed. (Aspirin 81 mg is OK to take prior to procedure).
3. If you are on Diabetic meds then All Oral medications will need to be STOPPED day of prep and day of procedure. Injectable meds will need to be ½-dosed day of prep and day of the procedure. Please discuss with your diabetes physician if taking high doses of insulin.
4. If you are on Diabetic/Weight loss injectable meds such as Wegovy, saxenda, ozempic, trulicity, Victoza, Mounjaro, Zepbound (SEE LIST enclosed) then Please **STOP All Weekly INJECTIONS 8 DAYS prior to your procedure date.**
5. Please DO NOT STOP other medications such as blood pressure or heart medications prior to the procedure. You may take these with small sip of water upto 3 hrs prior to the procedure. Please STOP Iron supplements and Ibuprofen-meds such as Advil, Aleve, Motrin 5 days prior to the procedure.
6. You will need to bring photo identification and **your insurance card to the procedure.**

Please bring your eyeglasses if required for reading.

We strive to ensure an efficient and safe procedure for you.

**\*\* Please Call our Office if you have any concerns or questions regarding your procedure \*\***

## Diabetic and Weight Management Medication Adjustments Before Your Procedure

**\*\*\* Procedure will be CANCELLED if medications below have not been discussed/adjusted by your prescribing physician before your procedure. \*\*\***

Below is a list of medication adjustments to serve as a reference to discuss with your prescribing provider.

If you are taking any medications listed below for TYPE 2 DIABETES, please discuss medication adjustments with your prescribing physician at least two weeks before your procedure.

If you are taking any medications listed below for WEIGHT MANAGEMENT, please follow instructions below. You may contact your prescribing physician if you are concerned about holding the medication.

Generic Name:	Brand Name:	Last Dose to Take:
Dulaglutide	Truclicity	8 days before procedure
Exenatide (ER)	Bydureon Bcise	8 days before procedure
Semaglutide (injectable)	Ozempic, Wegovy	8 days before procedure
Semaglutide (oral)	Rybelsus	The day before procedure
Tirzepatide	Zepbound, Moungaro	8 days before procedure
Exenatide (IR)	Byetta	The day before procedure
Liraglutide 3mp	Saxenda	The day before procedure
Liraglutide 1.2 mg / 1.8mp	Victoza	The day before procedure
Lixisenatide	Adlyxin	The day before procedure
Canagliflozin	Invokana	4 days before procedure
Dapagliflozin	Farxiga	4 days before procedure
Dapagliflozin/Metformin	Xigduo	4 days before procedure
Emapgliflozin	Jardiance	4 days before procedure
Bexagliflozin	Brenzavvy	4 days before procedure
Ertugliflozin	Steglatro	5 days before procedure
Phentermine	Lomaira, Adipex-P	7 days before procedure
Generic Name:	Brand Name:	Last Dose to Take:
Ertugliflozin		5 days before procedure
Glyburide	Micronase Glynase Diabeta Glynase Pres Tab Glycron	The day before procedure
Glimepiride	Amaryl	The day before procedure
Repaglinide	Prandin	The day before procedure
Nateglinide	Starlix	The day before procedure
Rosiglitazone	Avandia	The day before procedure
Pioglitazone	Actos	The day before procedure
Staglipitin	Januvia	The day before procedure
Acarbose	Precose	The day before procedure
Migitol	Glyset	The day before procedure
Chlorpropamide	Diabinese	The day before procedure
Exenatide	Byetta	2 days before procedure
Liraglutide	Victoza, Saxenda	2 days before procedure
Lixisenatide	Adlyxin	2 days before procedure

## Low Fiber Diet for Colonoscopy Preparation

**Eat this diet 3 days and 2 days before your colonoscopy appointment.  
One day before – only clear liquids allowed (unless otherwise instructed)**

YES – Ok to eat these foods:	NO – do NOT eat these foods:
Cheese, yogurt, milk	Beans, peas, lentils, any legumes
White rice, plain crackers (Saltines), plain bagels, pasta, white bread, tortillas made from white flour, English muffins	Vegetables
Lean meats (chicken, fish, turkey), eggs, tofu	Fruit with skin (peel) or seeds, coconut, raisins
Applesauce, canned or cooked fruit with no seeds or skin	Nuts, seeds, granola, quinoa
Broth, bouillon, strained soups	Brown or wild rice, whole grain breads or cereals
Ice cream, custard, sherbet, Jell-O, plain pudding	Any juice that contains pulp (such as orange juice)
Coffee, tea, soda, sports drinks, nutritional shakes with no added fiber (Ensure, Boost)	Unstrained soups, chili, pea soup, lentil soup, dried bean soup, corn soup

## **Office Visits and Procedure Cancellation/Reschedule Policy:**

If you need to Cancel or Reschedule an Office appointment, then PLEASE give at least 72 hours notice.

- If a 72 hr notice is not given, then **a \$50 NO SHOW fee will apply for missed Office appointments.**

If you need to Cancel or Reschedule a PROCEDURE that is booked, then we need at least a 72 hours notice.

- If a 72 hr notice is not given, then **a \$250 NO SHOW fee will apply for missed PROCEDURE appointments.**

**\*\* Please understand that this is important as we need to use the limited appointment slots and resources available for patients that need the care \*\***

Please understand that you will be charged as stated per office cancellation policy, unless a valid reason can be provided.

Thanks,

Manish Tandon, MD, AGAF

Office 617-562-0500

Website: [manishtandonmd.com](http://manishtandonmd.com)