

You are scheduled for a colonoscopy in the NYU Day Surgery Unit on . The facility is located at 530 First Avenue. Plan to arrive 90 minutes prior to the scheduled time of the procedure. Shortly after checking in at the reception desk, the staff of the endoscopy center will direct you from the waiting room to a changing area. They provide locked storage for the security of your personal possessions. You will then meet the gastroenterologist who will be performing the procedure and the anesthesiologist who will be providing the sedation. Your medical history will be reviewed and questions that you might have will be answered by the physicians. At that time, please remember to inform us of any medication allergies that you may have. The duration of the procedure is 30 minutes and the recovery time is approximately 90 minutes. You should expect to be at the facility for about 3 1/2 hours. It is required that you have an escort to accompany you home from facility after your procedure. The procedure cannot be performed without an escort. We also require that no patients drive for 12 hours following the procedure. If you are a female and may potentially be pregnant, please schedule the procedure at a time when you are sure that you are not pregnant.

If you do not have a cardiac condition, you should stop taking nonsteroidal anti-inflammatory medications (NSAIDs) including aspirin, vitamin E, and blood thinners 7 days prior to the procedure. More specifically these medications include the following:

Aspirin

Aspirin-dipyridomole (Aggrenox)

Clopidogrel (Plavix)

Coumadin (3-5 days, please check w/your prescribing doctor - see below)

Dipyridomole (Persantine)

Heparin and Lovenox

Ibuprofen (Advil, Motrin, Nuprin)

Meloxicam (Mobic)

Naproxen (Aleve, Naprosyn)

Ticlopidine (Ticlid)

If you have a cardiac stent, you must continue taking aspirin up until and including the day of the colonoscopy. As per NYU protocol, your exam will be cancelled if you discontinue aspirin. Additionally, if you have any underlying cardiac condition, you must discuss the management of your cardiac medications with your Cardiologist before your exam. If you take coumadin for a cardiac condition, stroke prevention, or vascular disease, you should consult your cardiologist, neurologist or internist prior to stopping the medication. If you have diabetes and take either insulin or oral medications, dosing may need to be adjusted for the day prior and the day of the procedure. Please consult your internist or endocrinologist regarding this issue.

You should be aware that there is an approximate 0.2% to 1% risk for complications associated with colonoscopy. These risks include but are not limited to: 1) adverse reactions to medications, 2) gastrointestinal bleeding and 3) colonic perforation which may require operative repair. You should also be aware that colonoscopy is not 100% accurate and that there is a small possibility of a missed diagnosis of cancer or polyps despite having a competently performed colonoscopy.

Please call our endoscopy coordinator (212-726-7407) 3 to 5 days prior to the procedure to confirm your appointment. Cancellations less than 3 business days or failure to show for the scheduled procedure may result in a \$250 charge. It would be helpful to avoid nuts, beans, quinoa and seeds in your diet for 2 days before your procedure. If any questions arise prior to the procedure, please contact us at 212-726-7407. In addition, our physicians, including the gastroenterologist and anesthesiologists, are available for any questions that may arise. To assure your comfort and safety, we offer the services of a Board Certified Anesthesiologist. Anesthesia services may involve extra charges depending on your insurance carrier.

Our gastroenterologists recommend the Golytely preparation which may be purchased from a local pharmacy with a prescription. You may want to buy 'baby wipes' for your comfort during the preparation.

During the day before the procedure, you can have a light breakfast then restrict your diet to clear liquids (nothing red or purple) which include the following:

Strained fruit juices without pulp.

Water.

Clear broth or bouillon.

Coffee or Tea.

Gatorade, Kool-Aid, carbonated and non-carbonated soft drinks.

Jell-O and ice popsicles.

Vanilla ice cream, milk, plain yogurt (breakfast only).

At 5pm you should fill the bottle of Golytely with cool water and drink 2 liters (half of the bottle) of the solution. You should consume each 8 oz. glass every 10-15 mins. If you begin feeling too full, take a 15-20 min break then resume drinking.

At 10pm, take 2 dulcolax tablets with 1 glass of water

7 hours before the colonoscopy, you should drink the remaining 2 liters of the solution-consume each 8 oz. glass every 10-15 mins. If you begin feeling too full, take a 15-20 min break then resume drinking.

During the day of the procedure, you can not have anything to drink 5 hours before the scheduled time of the procedure. As stated, please plan to arrive at the Day Surgery Unit at NYU 90 minutes prior to the scheduled time of the procedure. You may want to bring socks or slippers as well as a loose short sleeve T-shirt to wear during the procedure. If you are a managed care patient, please remember to obtain insurance company referral authorization from your primary physician prior to the procedure. Please bring the referral with the authorization number with you. We hope that this process goes as smoothly as possible for you. If there are any questions during any point of the process feel free to contact us for assistance. If you call on an evening or a weekend, please make sure the service gets you in contact with the covering physician.

Remember: Please Do Not DRINK for 5 hours (also no solid food on the day of the procedure) prior to the scheduled time of your colonoscopy!

If you would like to review information regarding a colonoscopy including the consent form, you may do so at our website: [www.mhmg.net](http://www.mhmg.net)