

You are scheduled for a colonoscopy in our endoscopy center on . The facility is located at 347 East 37th Street. Plan to arrive 10 minutes prior to the scheduled time of the procedure. Shortly after checking in at the front desk, the staff of the endoscopy center will direct you from the waiting room to a changing area. We 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 and the recovery time afterwards are each approximately 30 minutes in duration. You should expect to be at the facility for 1 to 1 1/2 hours. You MUST prearrange to have an escort pick you up from the procedure (It is not adequate to simply have someone wait for you outside the office- they need to physically escort you out of the office.). If needed, you can call Partners In Care at 212-609-7706 to arrange for an aide to pick you up (the cost is about \$80). Failure to have an escort will result in cancellation of your procedure and a \$250 fee. 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.

You should stop taking nonsteroidal anti-inflammatory medications (NSAIDS) including motrin, advil, aleve, ibuprofen, vitamin E, fish oil and blood thinners 5 days prior to the procedure. Aspirin should be stopped (unless your cardiologist recommends otherwise) 7 days prior to the exam. Find below a partial list of medications that have a blood-thinning effect:

Aspirin, Aspirin-dipyridomole (Aggrenox)

Clopidogrel (Plavix - do not stop this medication without consulting with your cardiologist)

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

Pradaxa (do not stop this medication without consulting with your cardiologist)

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. In accordance with 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 at least one week 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. Please bring your own glucometer to test your sugar before the procedure.

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. Alternative methods of colon cancer screening include Virtual colonoscopy, Barium Enema and Flexible Sigmoidoscopy. Please call the office if you would like to discuss these options or prefer to schedule one of these procedures instead of a 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 in advance or failure to show for the scheduled procedure may result in a \$250 charge. If any questions arise prior to the procedure, please contact us at 212-726-7407. It would be helpful to avoid nuts, beans, quinoa and seeds in your diet for 2 days before your procedure. In addition, our physicians, including the gastroenterologist and anesthesiologists, are available for any questions that may arise. To assure your comfort and safety, an Anesthesiologist will provide sedation for your procedure. Anesthesia services may involve extra charges. Please check with your insurance carrier prior to the day of the exam.

Our gastroenterologists recommend the Miralax and Dulcolax preparation which may be purchased from a local pharmacy without a prescription (they are 'over the counter'). We suggest purchasing 5 dulcolax tablets and one large container of Miralax (14 doses). You may also want to buy 'baby wipes' for your comfort during the preparation. During the day before the procedure, you should 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, G2, Powerade, Vitamin Waters, Pedialyte, carbonated and non-carbonated soft drinks.

Jell-O and ice popsicles.

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

At 4pm on the day prior to the procedure, start the preparation by taking 3 Dulcolax tablets with water. Do not chew or crush the Dulcolax tablets. You will begin drinking the miralax preparation 2 hours after taking the Dulcolax tablets. Drink 1 (8 oz.) glass of a clear liquid (use Pedialyte only--do not drink in water) mixed with one capful of Miralax powder every 10 minutes for a total of 6 glasses. Drink each glass quickly rather than drinking small amounts continuously. Chilling the clear liquid may make it easier to drink. A watery bowel movement should occur within approximately 2 hours. If you experience nausea during the process, wait 20-30 minutes before resuming the miralax preparation.

7 hours prior to the colonoscopy, drink an additional 6 glasses of miralax (each dose of Miralax is mixed in 8 oz. of Pedialyte). After completing the preparation, you should expect to experience loose bowel movements for about 1 to 2 hours thereafter.

If your stool does not turn to a watery liquid consistency 2 hours after completing the preparation you should take 2 additional Dulcolax tablets. Please call your doctor if there are questions regarding this issue.

During the day of the procedure, you cannot have anything drink within 5 hours of the scheduled time of the procedure. However, your cardiac or blood pressure medications should be taken with a sip of water 3 hours before the procedure unless otherwise instructed by your Doctor. Please remember that you cannot eat solid food 1 day prior to and on the day of exam (you will be able to eat after you leave the office). Plan to arrive at our office 10 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. We recommend that you do not wear any jewelry or bring other valuable items to the office (we cannot be responsible for lost items). If you are a managed care patient, please remember to obtain an 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 prior to the scheduled time of your procedure! This includes no sucking candy or chewing gum. 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)