

You are scheduled for a colonoscopy in our endoscopy center on: . The facility is located at 347 East 37th Street. Plan to arrive 15 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 have an escort pick you up from the procedure. If you are unable to get an escort, you can call Partners In Care at 212-609-7706 to arrange for an aide to pick you up (the usual fee 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) 5 days prior to the exam. Find below a partial list of medications that have a blood-thinning effect:

Aspirin, Aspirin-dipyridomole (Aggrenox)

Clopidogrel (Plavix - check with your Cardiologist)

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. 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 a couple of 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.

Our gastroenterologists recommend the MOVIPREP preparation which may be purchased from a local pharmacy with a prescription provided with the information materials. We also suggest purchasing 2 additional bisacodyl tablets in case extra preparation is needed. 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, Kool-Aid, carbonated and non-carbonated soft drinks.

Jell-O and ice popsicles.

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

Beginning at 5pm on the day before the exam

Step 1: Empty 1 pouch A and 1 pouch B into the disposable container. Add lukewarm drinking water to the top of the line of the container. Mix to dissolve.

*****SUGGESTION: Mix solution ahead of time and refrigerate prior to drinking. Once the solution is mixed it must be consumed within a 24 hour time period. *****

Step 2: The MoviPrep container is divided by 4 marks. Every 15 minutes, drink the solution down to the next mark (approximately 8 oz) until the full liter is complete.

Drink 16 oz of the clear liquid of your choice.

Beginning 6 hours before the colonoscopy: Repeat steps 1 and 2 above.

The more clear liquids you drink, the better the preparation for will be and the better you will feel.

If your bowel movements do not become thin, clear-like liquid (watery consistency) three hours after finishing the Moviprep prep, please call your doctor to determine if you need to take more laxatives (like two dulcolax tablets).

During the day of the procedure, you can not have anything to eat or drink 5 hours before the scheduled time of the procedure. You may take your regular medications 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 the exam (you will be able to eat after you leave the office). As stated, please plan to arrive at our practice 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 any other valuable items to the office (we cannot be responsible for lost items). 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 or EAT for the 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