

Colonoscopy Preparation Instructions

You are scheduled for a colonoscopy in our endoscopy center on _____ . The **new** 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. We strongly recommend that you have an escort accompany you home from the office after your procedure. If you are **65 years of age or older**, an escort is mandatory and 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 aspirin, vitamin E, and blood thinners 7 days prior to the procedure. Tylenol is OK to take. 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**, do not stop taking aspirin or Plavix without first consulting your cardiologist. 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. Unless noted above, you should continue to take your medications up to and including the morning of the exam (with only a few sips of water, at least 2 hours before the exam).

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) minor bleeding, rarely enough for a transfusion 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. Possible alternatives to this procedure may include a barium enema and a CT Colonography - check with your doctor well in advance of your scheduled procedure if you have questions about this.

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. 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. Please check directly with your insurance carrier about coverage in advance 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).

Between 12 noon to 3pm of 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 start drinking the miralax preparation starting 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 10 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. After completing the preparation, you should expect to experience loose bowel movements for about 1 to 2 hours thereafter. You can drink additional Pedialyte or other clear liquids during or after the process, to optimize the quality of the preparation. If your stool does not turn to a watery liquid consistency 2 hours after completing the preparation you should take the 2 remaining Dulcolax tablets. Please call your doctor if there are questions regarding this issue.

During the day of the procedure, **you can not have anything to drink 6 hours before the scheduled time of the procedure (except your medications with a few sips of water but not less than 2 hours before the procedure).** 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. 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 want this process to go 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. More information about a colonoscopy, as well as a copy of the colonoscopy consent form, can be found on our website - www.mhmg.net. We recommend you review this information.

Remember: Please do not **DRINK** (your last solid foods should be 2 days before the procedure day) anything for 6 hours prior to the scheduled time of your procedure!