



**COLONOSCOPY: How to Prepare Before Your Procedure**

**Physicians Name:** \_\_\_\_\_

**Procedure Date:** M T W TH F \_\_\_\_\_

**Arrival Time:** \_\_\_\_\_ AM/PM

**Procedure Locations:**

**New York-Presbyterian Hospital**

**David H Koch Building**  
1283 York Avenue, 8<sup>th</sup> FL.  
Tel: 646-697-1868

**2 Central Endoscopy Suite**  
525 East 68<sup>th</sup> Street, 2<sup>nd</sup> FL. Greenberg Pavilion  
Tel: 212-746-4414

**F-10 Ambulatory Cantor Surgery Center**  
525 East 68<sup>th</sup> Street, 10<sup>th</sup> FL. Payson Building  
Tel: 212-746-5035

**New York-Presbyterian: Lower Manhattan Hospital**

**Endoscopy Suite**  
170 Williams Street, 2<sup>nd</sup> FL.  
Tel: 212-312-5336

**WHAT TO EXPECT**

Upon arrival, staff members will ask you to state and spell your name and date of birth many times. There will be multiple forms for you to sign.

After changing into a hospital gown, an intravenous (IV) catheter will be placed. An anesthesiologist will review your medical history. Your doctor will explain the procedure in more detail including any risks and answer any questions you have. You will then sign the consent form.

You will be brought into the procedure room and equipment to monitor your heart, breathing, and blood pressure will be attached. You will receive oxygen through your nose. You will be administered anesthesia through your IV, which will make you fall asleep. A scope will be used to move through the entire length of your colon. If polyps are identified, they will be removed and other abnormalities will be biopsied. The procedure should be comfortable and painless.

**IMPORTANT!** Due to hospital policy, you must have someone 18 years or older pick you up and escort you home after your procedure.

The procedure will not begin until this arrangement has been made. If you are unable to confirm, your appointment will be cancelled.

We estimate you should be ready to be picked up approximately 1.5-2 hours from your scheduled procedure time.

If you don't have anyone to escort you home, please let us know and we can provide you with information on service agencies that will accompany you (at cost).



**AFTER YOUR PROCEDURE: In the recovery room**

You will wake up in the recovery room. Some people may feel bloated or have stomach cramps after a colonoscopy. This is normal and goes away by passing gas. Once you are fully awake, your nurse will remove your IV. Your doctor will then discuss your procedure results. Your nurse will explain your discharge instructions before you go home.

**AT HOME:**

If you had a biopsy, you may notice a few drops of blood coming from your rectum. This is normal after a biopsy. Please refrain from drinking alcoholic beverages for 24 hours after your procedure. Avoid carbonated beverages, raw fruits, and salads at your post-procedure meal. You may resume your normal diet and activities the next day.

**CALL YOUR DOCTORS OFFICE IF YOU HAVE:**

- A temperature of 101° F (38.3° C) or higher
- Severe stomach pain or increasing size and firmness of your abdomen
- Heavy bleeding from your rectum that lasts more than 24 hours
- Weakness, faintness, or nausea/vomiting



## IMPORTANT PLEASE READ DIRECTIONS CAREFULLY AT LEAST 10 DAYS BEFORE YOUR PROCEDURE!

### ***ARE YOU TAKING ANTI-PLATELET MEDICATIONS or BLOOD THINNERS?***

Depending on your clinical situation, you may be advised to stop these medications for 1-10 days before your procedure. Please discuss these medications with your gastroenterologist.

#### *Commonly prescribed medications:*

warfarin (Coumadin®)

dalteparin (Fragmin®)

tinzaparin (Innohep®)

enoxaparin (Lovenox®)

clopidogrel (Plavix®)

cilostazol (Pletal®)

dabigatran (Pradaxa®)

apixaban (Eliquis®)

rivaroxaban (Xarelto®)

prasugrel (Effient®)

ticagrelor (Brilinta®)

edoxaban (Savaysa®)

Heparin

### **DO NOT STOP YOUR ASPIRIN UNLESS INSTRUCTED TO DO SO BY YOUR DOCTOR**

### ***DO YOU HAVE A CARDIAC DEFIBRILLATOR (AICD) or CURRENT CARDIAC ISSUES?***

A clearance letter from your cardiologist is required at least 1 week before the procedure.

- ◆ Cardiac issues include chest pain, difficulty breathing, or fainting episodes.

### ***DO YOU HAVE DIABETES?***

If you are taking insulin or oral hypoglycemic pills, you should check with your doctor for instructions on managing your medications the day before and morning of the procedure.

### ***DO YOU HAVE HYPERTENSION?***

Blood pressure medication, with the exception of diuretics (water pills), should be taken as usual on the day of the exam with a sip of water. Diuretics should be held the morning of the procedure.

### ***ARE YOU TAKING DAILY PAIN MEDICATIONS?***

NSAIDS (Nonsteroidal Anti-inflammatory Drugs), such as ibuprofen and naproxen, should not be taken 5 days before your procedure. Please use acetaminophen (Tylenol).

Please inform your provider if you are taking daily narcotics.

**If you have any questions about your medications or the prep, please call 646-962-4000.**

## PURCHASING THE PREP

Before your colonoscopy, you will need to pick up & purchase the following prep items:

1. **MIRALAX**- Over-the-counter bottle of MiraLAX (238 grams)-powder
2. **DULCOLAX**- Over-the-counter laxative tablet, called dulcolax (not the stool softener type)- four (4) tablets
3. **GATORADE**- Two 32 oz. bottles of Gatorade (if you are **diabetic** please use a clear diet beverage or diet Gatorade)

## BEGINNING 5 DAYS BEFORE YOUR PROCEDURE

Avoid taking iron supplements (or multivitamins containing iron), Vitamin E, Fish Oil/Omega 3, black cohosh, ginseng, ginkgo biloba, St. John's wort, or other herbal preparations until after your procedure. Avoid whole kernel corn, seeds (such as poppy, sesame, raspberries, strawberries, sunflower seeds), quinoa, and nuts. These foods are hard to digest, do not easily clear out of your colon and will make it difficult for your doctor to adequately visualize the colon.

## THE DAY BEFORE YOUR PROCEDURE

You will be on a CLEAR LIQUID DIET for the entire day. From the moment you wake up, you must avoid all solid food. You may only have light or clear-colored liquids, liquids that you can see through; nothing red or purple in color. Be sure to drink plenty of water throughout the day.

**THE CLEAR LIQUID DIET:** Liquids must be clear, nothing red or purple in color

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| <ul style="list-style-type: none"> <li>• Water, Coconut water</li> <li>• Fruit juices <u>without</u> pulp – apple, white grape juice, strained lemonade (no orange juice)</li> <li>• Clear broth or any flavor bouillon (made from cubes or powder packets only, avoid canned or boxed broth)</li> <li>• Gatorade®, Kool-Aid®, Crystal-lite®, Vitamin Water®</li> </ul> | <ul style="list-style-type: none"> <li>• Soda and iced tea, regular or diet</li> <li>• Jell-O® gelatin <u>without</u> added fruit or toppings</li> <li>• Popsicles, ices or sorbet (i.e. lemon, peach, or mango)</li> <li>• Honey, sugar, and clear hard candies</li> <li>• Tea or coffee <u>without</u> milk, cream, or non-dairy creamer</li> </ul> |
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**YOU MAY NOT HAVE** smoothies or blended fruit or vegetable drinks. You may not have any dairy products or non-dairy products such as almond milk, rice milk or soymilk. If you cannot see through it, if it has pulp or contains anything that you need to chew in order to swallow... **DO NOT DRINK IT!**

12:00pm	Take two (2) Dulcolax laxative tablets with 8oz of water or other clear liquid
5:00pm	Take another two (2) Dulcolax laxative tablets with 8oz of water or other liquid
6:00PM	<p>Add one half of the contents of the 238-gram bottle of MiraLAX to each of the 32oz bottles of Gatorade®            Begin drinking 8oz of the mix every 10 to 15 minutes until 32oz (one liter bottle) of the prep solution is finished *Please save the additional bottle in the refrigerator for the next morning*</p> <p>If you feel nauseous, go slowly or stop until the feeling is resolved, and then continue the prep until finished</p>

Although it varies from person to person, you will begin having liquid stools usually around 2 hours after you have taken the prep. The diarrhea often lasts for about 4 to 5 hours, or until the colon is empty. Cramping is normal and can occur throughout the prep process.

## THE DAY OF YOUR PROCEDURE

You may drink clear liquids-only [water, tea (no milk), black coffee (no milk or cream), clear broth] **up until 4 hours** before your procedure. Any approved medications (as advised by your doctor) may be taken with a sip of water. You may brush your teeth before the procedure.

6hr Before Procedure:	<p>Please drink the remaining 32oz (one liter) of prep solution that you mixed the night before</p> <p>*Note: If you have an early morning procedure, you will be ingesting this in the middle of the night*</p> <ul style="list-style-type: none"> <li>• Drink 8oz every 10 to 15 minutes until all 32oz of the prep solution is finished</li> <li>• It is important that you finish the entire prep to make sure your colon is cleansed</li> </ul>
4hr Before Procedure:	<p>Please stop drinking completely 4 hours before your procedure time. You are to be "NPO" nothing by mouth. This includes mints or candy in the mouth. Note: If you drink or eat anything your procedure will be cancelled</p>