



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

Procedure Date: \_\_\_\_\_

**The time of your colonoscopy will be given to you 48 hours before your colonoscopy appointment.**

### Your Colonoscopy Location:

- |   |  |  |
|---|--|--|
| <input type="checkbox"/> <b>David H Koch Building<br/>Endoscopy Center</b><br>1283 York Avenue, 8 <sup>th</sup> Floor<br>New York, NY 10065 | <input type="checkbox"/> <b>New York Presbyterian Hospital</b><br>Central Endoscopy Suite<br>525 East 68 <sup>th</sup> Street, 2 <sup>nd</sup> Floor<br>Greenberg Pavilion<br>New York, NY 10065 | <input type="checkbox"/> <b>Lower Manhattan Hospital</b><br><b>Endoscopy Suite</b><br>170 William Street,<br>2 <sup>nd</sup> Floor<br>New York, NY 10028 |
|---|--|--|

#### **CANCELLATIONS**

Scheduling your colonoscopy requires careful planning between the staff, doctors, and hospital. To help avoid delays, it is important that you follow the "Getting Ready for Your Colonoscopy" guide and schedule.

If you must reschedule or cancel, please call us at least 3 days before your colonoscopy at 646-962-4000 or email us at [endoscopyquestions@med.cornell.edu](mailto:endoscopyquestions@med.cornell.edu).

## Why Proper Colon Cleaning is Needed Before Your Colonoscopy

Food and liquids can stay in your body for a long time. If food is in your colon during your colonoscopy, the food can get in the way of seeing any problems that may exist, like tumors.

*The doctor will get the best pictures of your colon when it is completely empty.*

Following these instructions will help ensure that your colon is empty when you come for your procedure.

If your colon is not completely empty, the doctor will not be able to complete the exam. You will need to reschedule the exam and go through the preparation steps again.

## How To Contact Us

- If you have questions about your colonoscopy or preparation, call 646-962-4000 Monday-Friday (excluding holidays) 9:00 a.m. – 5:00 p.m.
- If you are calling Monday-Friday after 5:00 p.m., during the weekend, or on a holiday, an on-call doctor will return your call. If not urgent, they will call you back the next day.
- If you need to reschedule your colonoscopy for any reason, please call 646-962-4000.
- If you need medical help urgently, call **911** or go to the nearest **Emergency Room**.

## GETTING READY FOR YOUR COLONOSCOPY

A colonoscopy is a medical procedure in which your doctor examines your colon and parts of your small intestine using a special camera attached to a flexible tube passed through your anus. During your colonoscopy your doctor will look at the walls of your colon to see if there are any problems that require treatment.

As soon as you get a date for your colonoscopy you need to (see all the details below):

- A. Review Important Cardiac Clearance Information
- B. Review Important Medicine Information
- C. Purchase the products you need to properly clean your colon for your colonoscopy (page 4)

10-days before your colonoscopy:

- A. Send us Cardiac Clearance information if it applies to you
- B. Follow Important Medicine Information guidelines if they apply to you

7-days before your colonoscopy:

- A. Start to Follow Your Colonoscopy Preparation Instructions

Day of your colonoscopy:

**You must have someone who is 18 years or older pick you up and accompany you home after your colonoscopy.**

The colonoscopy cannot begin until you confirm your plan with our staff. If you are not able to confirm your plan we will need to cancel your colonoscopy.

We estimate that you should be ready to be picked up approximately 1 ½ to 2 hours from your scheduled colonoscopy 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).



### A. IMPORTANT CARDIAC CLEARANCE INFORMATION

If you have a cardiac defibrillator (AICD) or a permanent pacemaker (PPM) or any current cardiac problems we need a letter from your cardiologist at least **1 week before your colonoscopy**.

Cardiac problems include any history of heart attack, chest pain, difficulty breathing or fainting episodes.

If you have:

Permanent Pacemaker (PPM)	We need an interrogation report <b>within 12 months</b>
Cardiac Defibrillator (AICD)	We need an interrogation report <b>within 6 months</b>



## B. IMPORTANT MEDICINE INFORMATION

### BLOOD THINNERS (ANTI-PLATELET MEDICINES)

If you take blood thinners, **ask your doctor who prescribed these for you if you should stop taking them before your colonoscopy.**

If your doctor does not want you to stop taking your blood thinners before your colonoscopy, please call our office.

*Commonly prescribed medications:*

warfarin (Coumadin®)	apixaban (Eliquis®)
dalteparin (Fragmin®)	rivaroxaban (Xarelto®)
tinzaparin (Innohep®)	prasugrel (Effient®)
enoxaparin (Lovenox®)	ticagrelor (Brilinta®)
clopidogrel (Plavix®)	edoxaban (Savaysa®)
cilostazol (Pletal®)	heparin
dabigatran (Pradaxa®)	

### DO NOT STOP YOUR ASPIRIN UNLESS YOUR DOCTOR TELLS YOU TO DO SO

### DIABETIC OR WEIGHT LOSS MEDICATIONS

If you take:	Do this:
<b>Insulin or oral hypoglycemic pills</b>	<b>Check with your</b> doctor who prescribed these for you as soon as possible for instructions on how to manage these medications before your colonoscopy.
<b>SLGT2 inhibitors</b> - Ertugliflozin (Steglatro), Canagliflozin (Invokana), Empagliflozin (Jardiance), or Dapagliflozin (Farxiga)	<b>Stop</b> taking this medicine <b>three (3) days before</b> your colonoscopy
<b>Daily GLP-1 receptor agonist</b> - Liraglutide (Victoza, Saxenda), Exenatide (Byetta), or Semaglutide oral tablet (Rybelsus)	<b>Stop</b> taking this medicine <b>on the same day as</b> your colonoscopy.
<b>Weekly GLP-1 receptor agonist</b> - Dulaglutide (Trulicity), Exenatide (Bydureon BCise), Semaglutide injection (Ozempic or Wegovy), or Tirzepatide (Mounjaro, Zepbound)	<b>Stop</b> taking this medicine <b>one (1) week before</b> your colonoscopy.

### BLOOD PRESSURE MEDICINE

Blood pressure medicines, with the exception of diuretics (water pills), **should be taken as usual** on the day of the colonoscopy with a sip of water. **Diuretics should not be taken on the morning of the colonoscopy.**

### IRON SUPPLEMENTS

Stop taking oral iron supplements **Five (5) Days Before Your Exam.** You can take these again after your colonoscopy.

## C. WHAT TO BUY TO CLEAN YOUR COLON FOR YOUR COLONOSCOPY

NAME	QUANTITY	WHERE TO BUY	
<b>Golytely</b>  (polyethylene glycol 3350 or Gavilyte or Nulytely)	1 bottle	Pharmacy	
<b>Miralax</b>	1 bottle (238 g)	Over the Counter	
<b>Dulcolax (bisacodyl) Laxative</b>  or  <b>Generic bisacodyl</b> (not the stool softener type)	4 over-the- counter laxative pills	Pharmacy  (over the counter, no prescription needed)	 
<b>Gas-X</b>  Or  <b>generic simethicone pills</b>	Two 125mg tablets  or  One 250 mg tablet	Pharmacy  (over the counter, no prescription needed)	

## D. EATING BEFORE YOUR COLONOSCOPY

### Seven (7) Days Before Your Exam:

Eat a low fiber diet: avoid nuts, seeds, corn, beans, quinoa, and raw (uncooked) fruits and vegetables. These foods are hard to digest, do not easily clear out of your colon and will make it difficult for your doctor to get a clear picture of your colon during the colonoscopy.

### The Day Before Your Exam:

No solid food for the entire day

You can only have **clear liquids** (see list below)

You cannot eat solid food until **AFTER** your colonoscopy



### Start Hydrating

#### ACCEPTABLE CLEAR LIQUIDS FOR HYDRATING

Water	Ginger ale and other Sodas
Black coffee or tea	Clear juices such as apple or white grape juice
Clear broth or bouillon	Plain Jell-O
Sports drink	Frozen juice popsicle

**LIQUIDS MUST NOT BE RED OR PURPLE. DO NOT CONSUME ANY ALCOHOL, JUICE PULP, MILK, CREAM, SOY OR NON-DAIRY CREAMER, OR OTHER LIQUIDS YOU CANNOT SEE THROUGH UNLESS ON THE LIST ABOVE.**

You can buy these as needed from the Grocery Store

### Chicken Bouillon/broth

(No noodles or solids in the broth)



### Jell-O/gelatin or Ice Pops

(No flavors with red coloring)



### Ginger Ale or Clear Juice

(Any brand)



## E. COLONOSCOPY PREPARATION INSTRUCTIONS

### ONE WEEK BEFORE EXAM IN THE MORNING AND EVENING:

- Mix 1 capful (17 grams) of Miralax in an 8-ounce beverage in the morning and in the evening and drink it every day for the week before colonoscopy

### ONE DAY BEFORE EXAM AT 9 AM:

- Mix the Golytely by adding warm water up to the top of the line on the bottle & put in the refrigerator at 9am

### ONE DAY BEFORE EXAM AT 12 PM:

- Take two (2) Dulcolax laxative tablets with 8-ounce of water or other clear liquid

### ONE DAY BEFORE EXAM AT 5 PM:

- Take another two (2) Dulcolax laxative tablets with 8-ounce of water or other clear liquid
- Drink one 8-ounce glass of Golytely every 15 minutes until you finish HALF (½) of the bottle

This will cause you to have loose stools. Loose stool may not start until after you finish the next step of the prep

*Because of the frequent stools, irritation of the anal area may occur. To minimize this discomfort, use soft toilet paper and you may apply petroleum jelly to the area as soon as the diarrhea begins*

Continue drinking even if you have diarrhea. You may have nausea. If you do, take a 60-minute break and then restart drinking

### 5 HOURS BEFORE YOUR EXAM:

- Take one 250 mg or two 125 mg Gas-X (or generic brand simethicone) pill(s)
- Drink one 8-ounce glass of Golytely, every 15 minutes until you finish the entire bottle. You must finish drinking the mixture within 2 hours

It is important that you **finish the entire prep** to make sure the colon is cleansed. If you feel nauseous, stop until the feeling is resolved, then continue the prep

### 3 HOURS BEFORE YOUR EXAM:

- STOP** taking any remaining preparation
- Do not drink or eat anything, including water.** This includes mints or candies
- If you drink or eat anything, your colonoscopy will have to be cancelled**

You may take your regular medications, unless instructed otherwise by a doctor, with a small sip of water





## F. WHAT TO EXPECT – DAY OF COLONOSCOPY

### BEFORE YOUR COLONOSCOPY

When you arrive, you will be asked to register and sign several forms. You also have the option to check-in online through MyChart. You will need to state and spell your name and date of birth to verify your identification.

After changing into a hospital gown, a nurse will place an intravenous (IV) catheter in your arm. 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 be brought into the procedure room and attached to equipment that will monitor your heart, breathing, and blood pressure. You will receive oxygen through your nose. You will be given anesthesia through your IV, which will make you fall asleep. The doctor will use a scope to examine your colon. If polyps are found, your doctor will remove them and send them to the lab. Usually, the colonoscopy is painless.

### AFTER YOUR COLONOSCOPY 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 colonoscopy results with you. Your nurse will explain your discharge instructions before you go home.

Your escort will then take you 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 do not drink alcoholic beverages for 24 hours after your colonoscopy. Avoid carbonated beverages, raw fruits, and salads for your first meal after your colonoscopy. You may resume your normal diet and activities the next day.

**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 plan 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).



### 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