



Physician Name: _____

Procedure Date: M T W TH F _____

Your procedure will take place at:

New York-Presbyterian Hospital

David H Koch Building
1283 York Avenue
8th Floor

2 Central Endoscopy Suite
525 East 68th Street
2nd Floor, Greenberg Pavilion

New York-Presbyterian: Lower Manhattan Hospital

Endoscopy Suite
170 Williams Street
2nd Floor

WHAT TO EXPECT

Two days before your procedure, you will receive a call to confirm your arrival time. 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 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. **If you are not able to secure an escort, your procedure will be canceled.**

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, you can contact service agencies that will accompany you (at cost). An option is Partners in Care (212-609-7700 option 2)



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
- Severe weakness or fainting

If you have any questions about your medications or this prep, please call 646-962-4463



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®)	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 INSTRUCTED TO DO SO BY YOUR DOCTOR

DO YOU HAVE A CARDIAC DEFIBRILLATOR (AICD) or HEART ISSUES?

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

- ◆ Heart 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 HIGH BLOOD PRESSURE?

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). Inform your gastroenterologist if you are taking narcotics.

PLEASE REMEMBER

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PURCHASING THE PREP

1. **MIRALAX**- Over-the-counter bottle of MiraLAX (238 grams) powder
2. **GATORADE**® - Two 32 oz. bottles of Gatorade (if **diabetic** please use diet Gatorade) – not red or purple colored

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 eating whole kernel corn, seeds (such as poppy, sesame, raspberries, strawberries, sunflower seeds), quinoa, and nuts.

THE DAY BEFORE YOUR PROCEDURE**FROM THE TIME YOU WAKE UP UNTIL 3PM ONLY:**

You may **ONLY** eat from the following items: White toast or plain bagel with butter, oil or cream cheese; scrambled or boiled eggs; banana; yogurt or non-dairy yogurt (without fruit or nuts); vanilla ice-cream; macaroni with oil or cheese; mashed potato without skin; plain turkey or chicken breast. **NO FRUITS, VEGETABLES, NUTS OR SEEDS. Be sure to drink a lot of clear liquids (see list) throughout the day.**

AFTER 3PM YOU MUST AVOID ALL SOLID FOOD: You may only drink from the clear liquid diet list.

THE CLEAR LIQUID DIET: Liquids must be clear, nothing red or purple in color. **No** smoothies, blended fruit or vegetable drink.

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| <ul style="list-style-type: none"> • Water, Coconut water • Clear fruit juices <u>without</u> pulp – apple, white grape juice, strained lemonade • Clear broth or any flavor bouillon (made from cubes or powder packets only (no canned or boxed broth) • Gatorade®, Kool-Aid®, Crystal-lite®, Vitamin Water® | <ul style="list-style-type: none"> • Soda and iced tea, regular or diet • Jell-O® gelatin <u>without</u> added fruit or toppings • Popsicles, ices or sorbet (i.e. lemon, peach, or mango) • Honey, sugar, and clear hard candies • Tea or coffee <u>without</u> milk, cream, or non-dairy creamer |
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AT 6 PM: TAKE THE FIRST DOSE OF YOUR BOWEL PREP

1. In a pitcher, add half the contents of the 238-gram bottle of MiraLAX to one of the two 32oz bottles of Gatorade.
2. Begin drinking 8oz of the mix every 10 to 15 minutes until the entire contents of the pitcher (32oz) is finished prep solution is completely finished.
3. Mix the second 32 oz bottle of the prep and place in the refrigerator to drink the next morning.

If you feel nauseated while drinking the prep, slow down how quickly you are drinking until the feeling has resolved. You must completely finish the entire preparation to ensure the colon is clean enough for your colonoscopy.

THE DAY OF YOUR PROCEDURE

From the time you wake up until 2 hours before your procedure you may only drink clear liquids.

Any approved medications (as advised by your doctor) may be taken with a sip of water. You may brush your teeth.

4 Hours Before Procedure:	Drink the second 32oz prep solution that you mixed the night before <i>*Note: If you have an early morning procedure, you will be ingesting this in the middle of the night*</i> <ul style="list-style-type: none"> • Drink 8oz every 10 to 15 minutes until all 32oz of the prep solution is finished • It is important that you finish the entire prep to make sure your colon is cleansed
2 Hours Before Procedure:	Stop drinking completely 2 hours before your procedure time. Do not chew gum, mints or candy. If you drink or eat anything, your procedure will be cancelled.

If you have any questions about your medications or this prep, please call 646-962-4463