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COLONOSCOPY INSTRUCTIONS

Patient Name: _____ Date of Procedure: _____
Doctor: _____ Location: _____
Prep Type: _____ Arrival Time: _____

You have been scheduled for a Colonoscopy. **Please note that you should begin some of your preparations ONE WEEK before your scheduled procedure (if you are currently taking certain medications), so it is important that you read this information, in its entirety, as soon as you receive it.** This packet will explain the procedure itself as well as provide the instructions for prepping for your Colonoscopy. Should you have any questions, please call our office as soon as possible.

IF YOU ARE UNABLE TO KEEP YOUR APPOINTMENT, WE ASK THAT YOU GIVE US 72 HOURS NOTICE. WE OFTEN HAVE A WAITING LIST OF PATIENTS FOR PROCEDURES THAT THEY URGENTLY NEED. THIS NOTICE PROVIDES US WITH THE OPPORTUNITY TO SCHEDULE OTHER PATIENTS. If you do not call, and fail to show up for your scheduled procedure you will be charged a "No Show Fee" of \$100.00.

You MUST make arrangements to have someone accompany you to your procedure. Due to the effects of anesthesia, YOU ARE NOT ALLOWED TO DRIVE YOURSELF HOME AND YOU MAY NOT DRIVE FOR THE REST OF THE DAY! YOU MAY NOT TAKE A TAXI!!! If you arrive on the day of your procedure without someone to take you home, your procedure WILL NOT BE DONE.

You MAY NOT go to work on the day of your procedure. You MUST stay home and rest for the remainder of the day.

FEMALE PATIENTS: Please be aware that on the day of your procedure you may be required to provide a urine sample.

ABOUT YOUR PROCEDURE

A Colonoscopy is a diagnostic procedure which allows the doctor to visualize the lining of your large intestine, also known as the colon. This is accomplished by using a colonoscope, which is a long, thin, flexible tube, with a light at the tip. The colonoscope may be used as a means of treatment as well. For example, if a colonic polyp (an abnormal growth of colonic tissue) is found, your physician may be able to remove the polyp through the instrument.

WHAT TO EXPECT DURING YOUR PROCEDURE

In order to minimize any discomfort you might experience during the exam, you will receive an injection of medications. **PLEASE NOTIFY US OF ANY ALLERGIES!!** The duration of the procedure varies, ranging from 20 minutes to one hour. You can expect to be in the office for approximately 1 ½ hours. The procedure is usually well tolerated and rarely causes pain. There may be some discomfort during the colonoscopy, but it is usually mild. In rare cases, passage of the colonoscope through the entire colon cannot be achieved. A limited examination may be sufficient if the area of suspected abnormality is well visualized.

WHAT TO EXPECT AFTER YOUR PROCEDURE

You may be sleepy for a few hours after your Colonoscopy due to medications you will receive during your procedure. You may expel some gas as air, which is instilled into the colon during the colonoscopy, for adequate visualization. You may experience some abdominal bloating and distention for several hours after your Colonoscopy. If a polyp is removed, further instructions will be given to you after the procedure is finished. You will be able to resume your diet after your Colonoscopy, unless you are instructed otherwise.

PREPARING FOR YOUR PROCEDURE

In order for the Doctor to perform your procedure accurately, your colon must be thoroughly cleansed. In order to achieve that, it is very important that you follow the preparation instructions exactly as stated below. Please do not hesitate to call our office if you have any questions.

AT LEAST ONE WEEK PRIOR TO YOUR PROCEDURE:

1. **Purchase your prep!** As some preps require a prescription, you will want to do this ASAP in order to straighten out any insurance issues that may arise. Instructions regarding what you need to purchase from the pharmacy can be found on the following page.
2. Make arrangements for someone to drive you home from your procedure.
 - **YOU WILL NOT BE ALLOWED TO DRIVE HOME!**
 - **YOU WILL NOT BE ALLOWED TO TAKE A TAXI, UNLESS YOU ARE ACCOMPANIED BY ANOTHER ADULT, OTHER THAN THE TAXI DRIVER**
 - If you arrive on the day of your procedure without someone to drive you home, **YOUR PROCEDURE WILL NOT BE DONE!**
 - **YOU MAY NOT DRIVE, AT ALL, FOR THE REST OF THE DAY!!!**
3. If necessary, make arrangements to take the day of your procedure off from work.
 - You **CANNOT** go to work on the day of your procedure
 - You **MUST** stay home and rest for the remainder of the day.
4. **If you take any blood thinners, such as Coumadin, Plavix or Aspirin on a daily basis, you must notify your Doctor IMMEDIATELY!** These medications **MAY** need to be discontinued prior to your procedure.
5. If you **OCCASIONALLY** take **Aspirin or an Aspirin product** (Advil, Motrin, Aleve, etc.), they **MUST be stopped for THREE DAYS prior to your procedure. If you take Insulin, you must discuss with your Doctor whether or not you need to hold off taking or reduce your morning dose the day of the procedure.**
6. **STOP** taking any vitamins containing iron and/or iron supplements **ONE WEEK** prior to your procedure.

THE DAY BEFORE YOUR PROCEDURE:

1. **Beginning at midnight the day before your procedure** (for example, if your procedure is on Tuesday, this would mean Sunday night which is actually the start of Monday) **YOU MUST BE ON A CLEAR LIQUID DIET!!!**
 - **YOU MAY NOT HAVE ANY OF THE FOLLOWING FOR THE ENTIRE DAY BEFORE YOUR PROCEDURE:**

SOLID FOODS	ALCOHOL	LEMONADE	MILK
OR MILK PRODUCTS			
 - **YOU MAY HAVE ONLY THE FOLLOWING:**

WATER	SELTZER	APPLE JUICE	WHITE GRAPE JUICE
SPRITE	GINGER ALE	BOUILLON OR CLEAR BROTH	
GATORADE (NOT RED)	ITALIAN ICE (NOT RED)	PLAIN JELLO (NOT RED)	
BLACK COFFEE OR TEA (NO MILK OR CREAMER)	GUM (DAY BEFORE <u>ONLY</u>)		

THERE ARE NO EXCEPTIONS!! PATIENTS MAY ONLY EAT AND DRINK WHAT IS LISTED ABOVE

2. You **MAY NOT** apply any lotion to your chest, arms or legs.
3. You may apply a petroleum based product or diaper rash ointment to the rectal area if you experience discomfort from frequent bowel movements.
4. **Confirm that you have a driver for your procedure.**
5. **BEGIN YOUR PREP PER THE INSTRUCTIONS ON THE NEXT PAGE!** It is very important that you follow the directions for the prep exactly as they are written. They are designed to ensure that the Doctor is able to obtain the best view of your colon, and provide you with the best diagnostic results. Failure to complete the prep properly may result in your procedure needing to be postponed and/or done a second time.

MIRALAX & DIET SNAPPLE ICED TEA PREP FOR COLONOSCOPY

Please read instructions carefully

Pick up from the pharmacy:

1. One (1) 238g bottle of Miralax (over the counter, no prescription needed)
2. Two (2) Dulcolax Tablets (over the counter, no prescription needed)
3. Two (2) 32oz bottles of Diet Snapple Iced Tea, any flavor (from supermarket)

THE DAY BEFORE YOUR PROCEDURE:

Remember: Do not apply any lotion to your chest, arms or legs!

1. **NO SOLID FOOD OR ALCOHOL.** Remain on a clear liquid diet the entire day. Refer to the list on the previous page
2. Drink an extra 8oz. of clear liquid every hour while awake.
3. Mix ½ of the 238g bottle of MIRALX in each 32oz. bottle of Diet Snapple Iced Tea until dissolved and refrigerate.
4. **At 4PM, take 2 (two) DULCOLAX tablets with water and continue clear liquids.**
5. **At 6PM, begin drinking the DIET SNAPPLE ICED TEA+MIRALAX solution at a rate of 8oz. every 15-30 minutes (over 1-2 hours) until the first bottle is gone.**
6. You are encouraged to continue to drink as much clear liquid as possible until bedtime.

THE DAY OF THE PROCEDURE:

1. **YOU SHOULD TAKE YOUR BLOOD PRESSURE AND/OR HEART MEDICATIONS EARLY IN THE MORNING WITH A SMALL SIP OF WATER.** If you must take other medications on the day of the procedure, please call our office.
2. **4-5 hours before you leave your house for the procedure drink the second 32oz. bottle of DIET SNAPPLE ICED TEA+MIRALAX solution at a rate of 8oz. every 15-30 minutes (over 1-2 hours) until the second bottle is gone. This must be completed by at least 4 hours prior to your Colonoscopy (for example, if your Colonoscopy is scheduled for 8:30am, you must finish drinking the second ½ of your prep by 4:30am).** Do not take anything by mouth for 4 hours prior to your colonoscopy.
3. **HAVE NOTHING ELSE TO EAT OR DRINK, NOT EVEN WATER, until after your procedure.**
4. **FEMALE PATIENTS: Please be aware that on the day of your procedure, you may need to provide a urine sample.**

****IMPORTANT: IF YOU ARE A SMOKER, WE STRONGLY ADVISE THAT YOU DO NOT SMOKE THE DAY OF YOUR PROCEDURE. SMOKING PRIOR TO YOUR PROCEDURE COULD CAUSE COMPLICATIONS WITH ANESTHESIA****

***** REMEMBER *****

DO NOT OMIT ANY PART OF THE PREPARATION. A POOR PREPARATION MAY CAUSE A POLYP OR CANCER TO GO UNDETECTED AND THE PROCEDURE MAY NEED TO BE REPEATED AFTER REPREPPING.

Stay hydrated: A colonoscopy prep causes the body to lose a significant amount of fluid and can result in sickness due to dehydration. It's important that you prepare your body by drinking extra clear liquids before the prep, stay hydrated by drinking all required clear liquids during the prep, and replenish your system by drinking clear liquids after returning home from your colonoscopy.

Drink extra liquids before, during, and after your bowel prep (until 6 hours before your procedure), as well as after your colonoscopy!!

If you're prone to constipation: Consult your doctor prior to the colonoscopy about using something extra, such as additional laxatives to get things going two or three days before the prep.

Stay positive: We realize that the colonoscopy prep may not be the most glamorous process. But remember, when you get a colonoscopy, you are taking a proactive step toward prevention or early detection of colorectal cancer.

IMPORTANT

OUR ANESTHESIOLOGISTS ARE PAID IN-NETWORK WITH THE FOLLOWING INSURANCES:

AETNA
BLUE CROSS
CIGNA
HIP
MEDICARE
OXFORD
UNITED HEALTHCARE
1199
EMPIRE PLAN NYSHIP MAGNACARE

ALL IN-NETWORK DEDUCTIBLES OR CO-INSURANCE OR CO-PAY IF APPLICABLE WILL APPLY ACCORDING TO YOUR POLICY GUIDELINES.

IF YOUR INSURANCE PLAN IS GHI, OR YOUR INSURANCE IS **NOT** ON THE LIST ABOVE, PLEASE CALL OUR BILLING OFFICE FOR INFORMATION ON HOW YOUR INSURANCE WILL PROCESS YOUR CLAIM.