

COLONOSCOPY: How to Prepare Before Your Procedure

velli Cornell		Physicians Name:								
M	edicine	Procedure Date:	Mon	Tues	Wed	Thur	s Fri	i 		
		Procedure Time: _			AM / P	м А	rrival	I Time: _		AM / PM
Lo	cation of your Proc	edure:								
	New York-Presbyterian Hospital: 2 Central Endoscopy Suite Address: 525 East 68th Street 2 nd Fl. Greenberg Pavilion (between York Avenue and the East River) Tel: 212-746-4414		ion	New York-Presbyterian Hospital: F-10 Ambulatory Cantor Surgery Center Address: 525 East 68th Street, 10 th Fl. Payson Building (between York Avenue and the East River) Tel: 212-746-5035						
	Manhattan Endoscopy Center Address: 535 Fifth Ave, 5 th FI (44 th St. between Madison Ave and Fifth Ave) Tel: 212-682-2828			New York-Presbyterian: Lower Manhattan Hospital - Endoscopy Sui Address: 170 Williams Street, 2 nd floor (between Beekman Street and Spruce Street) 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 consent.

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 IV, which will make you fall asleen. A scope

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.



AFTER YOUR PROCEDURE: In the recovery room

procedure time.

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:

IMPORTANT! Due to hospital policy, you must have someone 18 years or older pick you up and

procedure will not begin until this arrangement has

We estimate you should be ready to be picked up

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)

approximately 1.5-2 hours from your scheduled

escort you home after your procedure. The

been made. If you are unable to confirm, your

appointment will be cancelled.

- 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 MEDICATION 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.

EXAMPLES of commonly	warfarin	dalteparin	tinzaparin	enoxaparin	
prescribed medications:	(Coumadin®)	(Fragmin®)	(Innohep®)	(Lovenox®)	
clopidogrel	cilostazol	dabigatran	apixaban	rivaroxaban	
(Plavix®)	(Pletal®)	(Pradaxa®)	(Elequis®)	(Xarelto®)	
aspirin/dipyridamole	prasugrel	ticagrelor	edoxaban	Heparin	
(Aggrenox®)	(Effient®)	(Brillinta®)	(Savaysa®)		

DO YOU HAVE AND AICD* or CURRENT/HISTORY OF CARDIAC ISSUES

A clearance letter from your cardiologist is required at least 2 days before the procedure

*AICD stands for Automatic Implantable Cardioverter Defibrillator. We will need to know the make and model of the device.

Cardiac issues are events such as chest pain, trouble breathing that is new or worse, or you have fainted in the past 6 weeks.

DO YOU HAVE DIABETES or HYPERTENSION?

We may need to adjust your medication before your procedure

Diabetics taking insulin or oral hypoglycemic pills should check with their doctor about this medication. Ask the doctor who prescribes your diabetes medication what you should do the day before and the morning of your procedure. Tell your doctor you will be drinking a sugar-free clear liquid diet the day before your procedure.

Blood pressure medication should be taken as usual on the day of the exam with a sip of water except diuretics (water pills), which should not be taken on the day of the exam.

ARE YOU TAKING ASPRIN, IBUPROFEN, NARCOTICS (opioids) or ANY OTHER MEDICATION DAILY? You may need to stop these medications 5-7 days before your procedure.

Examples of Narcotics (opioids): fentanyl, morphine, hydrocodone (Vicodin®, MSContin®), oxycodone (Oxycontin®, Percocet®

If you need to take a pain reliever within 5 days before your procedure, please use acetaminophen (Tylenol)

If you have any questions about the preparation instructions, please call:

Division of	Jay Monahan Center	Jill Roberts	Center for Liver	WCM: Lower
Gastroenterology	for Gastrointestinal	Inflammatory Bowel	Disease	Manhattan Hospital
and Hepatology	Health	Disease Center		
Tel: 646-962-4800			Tel: 646-962-4040	Tel: 646-962-5110
Tel: 646-962-4000	Tel: 212-746-4014	Tel: 212-746-5077	Tel: 646-962-5483	

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)
- 3. <u>MAGNESIUM CITRATE</u>- Over-the-counter laxative called magnesium citrate (10oz) liquid. Do NOT purchase a red-colored magnesium citrate

BEGINNING 5 DAYS BEFORE YOUR PROCEDURE

Avoid taking iron supplements (or multivitamins containing iron), Vitamin E, Fish Oil/Omega 3, black cohash, 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

- Water, Coconut water
- Fruit juices <u>without</u> pulp apple, white grape juice, strained lemonade (no orange juice)
- Clear broth or any flavor bouillon (made from cubes or powder packets only, avoid canned or boxed broth)
- Gatorade[®], Kool-Aid[®], Crystal-lite[®], Vitamin Water[®]
- 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 without milk, cream, or non-dairy creamer

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!

5:00PM	Take two (2) Dulcolax laxative tablets with 8oz of water or other clear liquid
5:30pm	Add the entire contents of the 238-gram bottle of MiraLAX into a large pitcher and fill with at least 64oz of clear liquid, such as Gatorade (not red or purple in color) and mix thoroughly • Begin drinking 8oz of the mix every 10 to 15 minutes until finished (all 64oz/2 liters) • It is important that you finish the entire prep to make sure that the colon is cleansed. If you feel nauseous, go slowly or stop until the feeling is resolved, and then continue the prep until finished

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	Six hours before your procedure, please drink the entire 10oz bottle of magnesium citrate along with 8oz
Procedure:	of water (mixed together or drink separately)
	Note: If you have an early morning procedure, you will be ingesting this in the middle of the night
4hr Before	Please stop drinking completely 4 hours before your procedure time. You are to be "NPO" nothing by
Procedure:	mouth. This includes gum, mints or candy in the mouth. Note: If you drink or eat anything your procedure
	will be cancelled