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### Colonoscopy Preparation Instructions

(must read at least 7 days before exam)

You are scheduled for a colonoscopy at the NYU ACC Endoscopy Center on \_\_\_\_\_. The facility is located at **240 East 38th Street between 2nd and 3rd avenue on the 23rd floor. You must arrive 60 minutes prior to the scheduled time of the procedure.** Shortly after checking in, the staff of the endoscopy center will direct you from the waiting room to the pre-procedure area. You will then be interviewed by a nurse and meet Dr. Kenneth Pearlman, the gastroenterologist who will be performing the procedure, and the anesthesiologist who will be providing the sedation. Your medical history will be reviewed and questions that you might have will be answered. At that time, please remember to inform us of any medication allergies that you may have. The duration of the procedure and the recovery time afterward are each approximately 30 minutes in duration. You should expect to be at the facility for about 2 hours. You **MUST** prearrange to have an escort pick you up from the procedure. *(It is not adequate to simply have someone wait for you outside the office-they need to physically escort you out of the office.)* If needed, you can call Partners In Care at 212-609-7706 to arrange for an aide to pick you up (the cost is about \$80). Failure to have an escort will result in cancellation of your procedure and a \$250 fee. **We also require that no patients drive for 12 hours following the procedure. If you are a female and may potentially be pregnant, please schedule the procedure at a time when you are sure that you are not pregnant.**

You should stop taking nonsteroidal anti-inflammatory medications (NSAIDS) including Motrin, Advil, Aleve, ibuprofen, vitamin E, and fish oil 5 days prior to the procedure. Aspirin should be stopped (unless your cardiologist recommends otherwise) 2 days prior to the exam. Find below a partial list of medications that have a blood-thinning effect:

Aspirin, Aspirin-dipyridomole (Aggrenox)  
Clopidogrel (Plavix)  
Coumadin (warfarin- usually stopped for 3-5 days, please check w/your prescribing doctor- see below)  
Pradaxa (dabigatran)  
Dipyridamole (Persantine)  
Heparin and Lovenox  
Ibuprofen (Advil, Motrin, Nuprin), Meloxicam (Mobic), Naproxen (Aleve, Naprosyn)  
Ticlopidine (Ticlid)  
Rivaroxaban (xarelto)  
Apixaban (Eiiquis)  
Prasugrel (effient)  
Ticagrelor (brillinta)

If you are on any of the above medications you must check with the prescribing doctor to see if you can stop them and for how many days before the colonoscopy and please let Dr. Pearlman know what they say.

**If you have a cardiac stent, you must continue taking aspirin up until and including the day of the colonoscopy. In accordance with NYU protocol, your exam will be cancelled if you discontinue aspirin.** Additionally, if you have any underlying cardiac condition, you must discuss the management of your cardiac medications with your cardiologist at least one week before your exam. If you take Coumadin for a **cardiac condition, stroke prevention or vascular disease**, you should consult your cardiologist, neurologist or internist prior to stopping the medication. If you have diabetes and take either insulin or oral medications, dosing may need to be adjusted for the day prior and the day of the procedure. Please consult your internist or endocrinologist regarding this issue.

You should be aware that there is an approximate 0.2% to 1% risk for complications associated with colonoscopy. These risks include, but are not limited to: 1) adverse reactions to medications, 2) gastrointestinal bleeding and 3) colonic perforation that may require operative repair, and 4) aspiration. You should also be aware that a colonoscopy is not 100% accurate and that there is a small possibility of a missed diagnosis of cancer or polyps despite having a competently performed colonoscopy. Alternative methods of colon cancer screening include Virtual Colonoscopy, Barium Enema and Flexible Sigmoidoscopy. Please call the office if you would like to discuss these options or prefer to schedule one of these procedures instead of a colonoscopy.

**Please call my secretary (212-726-7444) 3 to 5 days prior to the procedure to confirm your appointment. Please check with your insurance carrier prior to the day of the procedure to confirm coverage of the procedure at the NYU ACC Endoscopy Center.** Please let us know if your insurance carrier requires a specific billing code for your procedure. Cancellations less than 3 business days in advance or failure to show for the scheduled procedure may result in a \$250 charge. If any questions arise prior to the procedure, please contact us at 212-726-7444. *It would be helpful to avoid nuts and seeds in your diet for 3 days before your procedure.* In addition, our physicians, including the gastroenterologists and anesthesiologists, are available for any questions that may arise. To assure your comfort and safety, an Anesthesiologist and/or a Certified Nurse Anesthetist will provide sedation for your procedure.

Our gastroenterologists recommend the **PREPOPIK** preparation, which may be purchased from a local pharmacy with a prescription provided with the information materials. (You can download a coupon to decrease your copay at [www.prepopik.com](http://www.prepopik.com)). You must also purchase a small box of bisacodyl (Dulcolax) tablets. You may also want to buy 'baby wipes' for your comfort during the preparation.

**PREPARATION DAY: During the day before the procedure** you may have a Low-Residue Diet for Breakfast and Lunch Only (no later than 1 pm). (A low-residue diet can be made up of Milk, Plain or Vanilla Yogurt, White Bread, Pasta, Cottage Cheese, Cream Cheese, Butter/Margarine, Eggs). You should then restrict your diet to clear liquids (nothing red or purple), which include the following:  
Strained fruit juices without pulp.

Water.

Clear broth or  
bouillon. Coffee or Tea  
(black).

Gatorade, Kool-Aid, carbonated and non-carbonated soft drinks.

Jell-O and ice popsicles.

You may have vanilla ice cream, milk, and plain/vanilla yogurt up until 5pm. After 5pm you may only have the above clear liquids (I especially recommend the clear broth and bouillon and gatorade).

Step 1: **At 5pm**- fill the dosing cup provided with cold water up to the lower (5-ounce) line on the cup. Pour in the contents of ONE ( 1) packet. Stir for 2-3 minutes until dissolved. Drink the entire contents. Follow with FIVE (5) 8-ounce drinks of clear liquid, taken at your own pace, within the next 5 hours. (You can drink even more clear liquids if you want.) If you walk around your home after drinking the prep, it may help the laxative work quicker.

Step 2: **At 8:30 pm**- if your bowel movements are not a watery consistency then take 2 Dulcolax tablets with 8 ounces of water and then drink more clear liquids. If your bowel movements are a watery consistency, then continue drinking clear liquids (I especially recommend clear broth and bouillon and gatorade).

Step 3: **At 12** midnight - fill the dosing cup provided with cold water up to the lower (5-ounce) line on the cup. Pour in the contents of ONE ( 1) packet. Stir for 2-3 minutes until dissolved. Drink the entire contents. Follow with at least THREE (3) 8-ounce drinks of clear liquid within 3 hours, before bed. You **should not eat or drink after 3am.**

We strongly encourage you to drink water and other clear liquids before you start the PREPOPIK and between the two doses of PREPOPIK and Dulcolax tablets to optimize the quality of the preparation. It is also helpful to walk around in your home once you start taking the preparation. If your stool does not turn to a watery liquid consistency 1 hour after completing the preparation, you may need to take 2 more Dulcolax tablets. Please call your doctor if there are questions regarding this issue.

**During the day of the procedure you cannot have anything to eat or drink within 4 hours of the scheduled time of the procedure.** However, your cardiac or blood pressure medications should be taken with a sip of water 2 hours before the procedure, unless otherwise instructed by your Doctor. Please remember that you cannot eat solid food 1 day prior to and on the day of exam (you will be able to eat after you leave the ACC). Plan to arrive at the NYU ACC Endoscopy Center, 240 East 38th Street, 23rd floor 60 minutes prior to the scheduled time of the procedure. A nurse from the center will contact you 1-2 d prior to the scheduled procedure date to answer any questions, confirm procedure times, and obtain a health history to expedite the admission process. Please feel free to contact the NYU ACC Endoscopy Center at 646-501-9100 with any questions or concerns. **We recommend that you do not wear any jewelry or bring other valuable items to the procedure.** We hope that this process goes as smoothly as possible for you. If there are any questions during any point of the process, feel free to contact us for assistance. Please call the office if you develop a respiratory infection or a cough prior to your procedure as you may need to reschedule the exam. If you call on an evening or a weekend, please make sure the service puts you in contact with the covering physician.

**Remember: Please DO NOT DRINK OR EAT** for 4 hours prior to the scheduled time of your procedure! This includes no sucking candy and no chewing gum.

\*Please schedule your procedure within 4 weeks of today's pre-procedure visit\*

**If your procedure is scheduled for after 12 noon, please check back with Dr. Pearlman as he may want to adjust the timing of your the preparation.**