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### **Colonoscopy Preparation Instructions**

You are scheduled for a colonoscopy in the NYU Day Surgery Unit. The facility is located at **240 East 38th Street, 23rd floor**. Plan to arrive 60 minutes prior to the scheduled time of the procedure. Shortly after checking in at the reception desk, the staff of the endoscopy center will direct you from the waiting room to a changing area. They provide locked storage for the security of your personal possessions. You will then meet 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 by the physicians. At that time, please remember to inform us of any medication allergies that you may have. The duration of the procedure is 30 minutes and the recovery time is approximately 60 minutes. You should expect to be at the facility for about 2 hours. **It is required that you have an escort to accompany you home from facility** (It is not adequate to simply have someone wait for you outside the facility- they need to physically escort you out of the facility.) after your procedure. 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). The procedure cannot be performed without an escort. 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.

If you are not being treated for a cardiac condition, you should stop taking nonsteroidal anti-inflammatory medications (NSAIDS) as well as aspirin, vitamin E, and blood thinners 7 days prior to the procedure. More specifically these medications include the following:

Aspirin

Aspirin-dipyridomole

(Aggrenox)

Clopidogrel(Plavix)

Coumadin (3-5 days, please check w/your prescribing doctor before stopping medication - see below) Dipyridomole (Persantine)

Heparin and Lovenox

Ibuprofen (Advil, Motrin,

Nuprin) Meloxicam (Mobic)

Naproxen (Aleve, Naprosyn)

**If you have a cardiac stent, you must continue taking aspirin up until and including the day of the colonoscopy. As per 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 before your exam. If you take Coumadin, Xarelto, Eliquis or Effient 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. You should also be aware that colonoscopy is not 100% accurate and there is a small possibility of a missed diagnosis of cancer or polyps despite having a competently performed colonoscopy.

Please call our endoscopy coordinator (212-726-7447) 3 to 5 days prior to the procedure to confirm your appointment. Cancellations less than 3 business days or failure to show for the scheduled procedure may result in a \$250 charge. *It would be helpful to avoid nuts, beans, quinoa and seeds in your diet for 2 days before your procedure.* If any questions arise prior to the procedure, please contact us at 212-726-7447. In addition, our physicians, including the gastroenterologists and anesthesiologists, are available for any questions that may arise. To assure your comfort and safety, NYU offers the services of a Board Certified Anesthesiologist. Anesthesia services may involve extra charges depending on your insurance carrier. You may call the NYU day surgery department if you have any questions about NYU charges.

Our gastroenterologists recommend the **PREPOPIK** preparation, which may be purchased from a local pharmacy with a prescription. You will also be purchasing 2 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.** your diet may consist of the following: Breakfast: Soft foods including: oatmeal (or other hot cereal), vanilla ice cream, milk, plain yogurt (without fruit), cottage cheese, eggs, white bread, pasta, or butter.

Lunch and Dinner can include any clear liquids (that are not purple or red). This can include: clear apple juice, clear broth or bouillon, coffee or tea, gatorade, carbonated and non-carbonated soft drinks, Jell-O and ice popsicles, water.

Step 1: **On your prep day 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 2 hours. If you walk around your home after drinking the prep, this may help the laxative work quicker.

Step 2: **At 9:00 pm,** take 2 Dulcolax tablets with 8 ounces of water.

Step 3: **8 Hours prior to the Colonoscopy:** 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 2 hours, before bed.

During the day of the procedure **you can not have anything to eat or drink (except for liquids required to complete your bowel preparation or to your take medications)**. As stated, please plan to arrive at the Day Surgery Unit at NYU 60 minutes prior to the scheduled time of the procedure. Please contact your insurance carrier before the day of the exam to confirm that you are covered for the procedure with monitored anesthesia and remember to obtain an insurance company referral authorization from your primary physician prior to the procedure, if one is required. Please bring the referral with the authorization number with you. Your procedure is assigned a "billing code" in accordance with the standard of practice. Confirm with your insurance carrier, in advance, that they do not require a special billing code. 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. 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 EAT OR DRINK** on the day of your colonoscopy after completing the bowel preparation and arrange for an escort to pick you up in the endoscopy suite and take you home.

If you have any questions regarding the process at NYU, please call the coordinator at (646)501-8100.

**Please call two days in advance to confirm your appointment by contacting our scheduler at (212) 726-7447.**

**PLEASE NOTE: Your procedure needs to be scheduled within 4 weeks of today's preprocedure visit.**