



Kenneth I. Pearlman, MD
347 East 37th Street
New York, NY 10016
Phone:(212) 726-7444
Fax: (212) 209-3244

Colonoscopy Preparation Instructions

(Please read at least 7 days before your procedure)

You are scheduled for a colonoscopy with Dr. Kenneth Pearlman at the NYU Ambulatory Care 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 (one hour) prior to the scheduled time of your procedure. You MUST prearrange to have an escort pick you up from the procedure (they have to come up to the 23rd floor to escort you from the facility). If needed, you can call Partners in Care at 212-609-7700 to arrange for an aide to pick you up (there is a fee for that). Failure to have an escort will result in cancellation of your procedure. 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 your procedure at a time when you are sure you are not pregnant. We also request that you do a home Covid test 1-2 days before your procedure and if it is positive to please let us know ASAP.**

Shortly after checking in, a nurse will escort you into the preprocedure area. There you will be interviewed by a nurse and an anesthesiologist and you will also speak to Dr. Pearlman. Your medical history will be reviewed and questions that you might have will be answered. The duration of the procedure and the recovery time afterwards are approximately 30 minutes each. You should expect to be at the facility for about 2 hours.

You should stop taking Nonsteroidal Anti-inflammatory medications (NSAIDs) including Motrin, Advil, Ibuprofen, Aleve, Naproxen, Naprosyn, Meloxicam, Mobic, Celebrex, Vitamin E and fish oil 5 days prior to the procedure. Find below a partial list of medications that have a blood thinning effect:

Aspirin-dipyridamole (Aggrenox), Clopidogrel (Plavix), Warfarin (Coumadin), Dabigatran (Pradaxa), Dipyridamole (Persantine), Heparin, Lovenox, Ticlopidine (Ticlid), Rivaroxaban, Apixaban (Xarelto), Prasugrel (Eliquis), Effient, Ticagrelor, and 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 including on the day of your procedure. In accordance with NYU protocol, your exam will be cancelled if you discontinue your 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 procedure. If you are taking blood thinning medications for a cardiac condition, stroke preventions, or vascular disease, you should consult your Cardiologist, Neurologist, Vascular Surgeon, or Internist prior to stopping the medications. If you have Diabetes and use either Insulin or oral medications for Diabetes, dosing may need to be adjusted on the preparation day and the procedure day so you should please consult your Endocrinologist or Internist regarding this issue.

You should be aware that there is an approximately 1% risk for complications associated with colonoscopy. These include, but are not limited to : 1) adverse reactions to medications, 2) gastrointestinal bleeding, 3) regurgitation and aspiration, and 4) colonic perforation that will most likely require surgical repair. You should also be aware that a 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. Colonoscopy is considered the gold standard, however, there are alternatives for colon cancer screening including but not limited to virtual colonoscopy, cologuard, stool FIT testing, and flexible sigmoidoscopy. If you would like to discuss these options or prefer to schedule one of these options instead of a colonoscopy, please discuss this at your visit or call the doctor or Nurse Practitioner.

Please contact my office, 212-726-7444, 3-5 days prior to your procedure to confirm your appointment? It would be helpful to avoid nuts and seeds in your diet for 3 days prior to your procedure. If you have any questions, your Gastroenterologist, Nurse Practitioner, and Anesthesiologist are available to try to answer your questions. You can also contact the NYU Ambulatory Care Center at 646-501-9100 with any questions about your procedure. A nurse from the NYU Ambulatory Care Center will contact you 1-2 days prior to your procedure to answer your questions as well as to go over your history, medications and allergies. We recommend that you not wear any jewelry or bring any valuables to your procedure. If you have any cough, respiratory symptoms or covid symptoms, please let us know ASAP.

Below are the instructions for your colonoscopy prep if you have been prescribed the following laxatives: Suprep, Clenpiq, Plenvu, and Golytely (PEG 3350/Gavilyte/Colyte). You should also purchase a box of Dulcolax (or the generic Bisacodyl) tablets at your local pharmacy when you pick up your prep (it is over the counter).

On the morning of the preparation day, if you have the Golytely prep, fill the Golytely bottle with cool water and place it in the refrigerator.

PREPARATION DAY – THE DAY BEFORE THE PROCEDURE – you may have a Low Residue Diet for breakfast and lunch up until 1pm. A low residue diet includes milk, plain or vanilla yogurt, white bread, pasta, cottage cheese, cream cheese, butter, margarine, and eggs.

After 1pm, you should restrict your diet to clear liquids – nothing red or purple. Clear liquids include the following:

Water, Clear Broth or Bouillon, strained fruit juices without pulp, Coffee or Tea (Black), Gatorade, Kool Aid, Carbonated and non carbonated drinks, Jello, Ice Pops, and Pedialyte.

In addition to the clear liquids, between 1pm and 5pm, you may also have vanilla ice cream, milk, and plain or vanilla yogurt. From 5pm onward you must be on a strict clear liquid diet. I especially recommend that some of the clear liquids be clear broth (broth may sometimes be cloudy and that is OK) because the clear broth is warm, has protein, and has good electrolytes.

Step 1: At 5pm you will start taking the laxatives:

- A) If you are taking Suprep – pour one of the six ounce bottles of Suprep liquid into the mixing container. Add cool drinking water to the 16 ounce line on the container and mix. Drink ALL the liquid in the container. You MUST drink TWO MORE 16 ounce containers of WATER over the next 1 hour (fill the 16 ounce container up 2 more times with plain water and drink it). After this I recommend that you continue to drink more clear liquids as tolerated. If you walk around your home after drinking the prep it may help the laxative work faster.
- B) If you are taking Clenpiq – drink one bottle of Clenpiq right from the bottle. Drink the entire contents. You MUST then follow this with FIVE 8 ounce drinks of clear liquid, taken at your own pace, over the next three hours. You can drink even more clear liquids, not just water, if you want, as tolerated. If you walk around your home after drinking the prep it may help the laxative work faster.
- C) If you are taking Plenvu - mix contents of one dose pouch of PLENVU (Mango flavor) with at least 16 ounces of water and drink slowly over 30 minutes. Drink the entire contents. Refill the container with at least 16 ounces of clear liquid and drink within 30 minutes. Stay hydrated before, during, and after the use of PLENVU. (You can drink even more clear liquids, not just water, if you want, and I recommend doing this. Clear broth and bouillon are especially good to drink) If you walk around your home after drinking the prep, it may help the laxative work quicker.
- D) If you are taking Golytely – start drinking the Golytely by drinking an 8 ounce glass of Golytely every 10 to 15 minutes until you have consumed 2 liters (half of the bottle). If you begin to feel too full between glasses you can take a 15-20 minute break and then resume drinking. You can drink even more clear liquids after finishing half of the Golytely. If you walk around your home after drinking the prep it may help the laxative work faster.

Step 2: At 8:30pm – If your bowel movements are not a watery consistency at this time you should take 2 Dulcolax (Bisacodyl) tablets with 8 ounces of water and then drink more clear liquids. If your bowel movements are already a watery consistency then you don't have to take the Dulcolax tablets but you should continue to drink more clear liquids.

Step 3: At 12 Midnight – you will be drinking the remaining laxative you have been prescribed:

- A) If you are drinking Suprep – pour the remaining 6 ounce bottle of Suprep liquid into the mixing container. Add cool drinking water to the 16 ounce line on the container and mix. Drink ALL liquid in the container. You MUST drink TWO more 16 ounce containers of Water over the next 1 hour (fill the 16 ounce cup up 2 more times with plain water and drink them). You can continue to drink more clear liquids up until 3 am. **NOTHING TO EAT OR DRINK AFTER 3 AM.**
- B) If you are drinking Clenpiq – drink the second bottle of the Clenpiq right from the bottle. Drink the entire contents. Follow with AT LEAST THREE 8 ounce drinks of clear liquids within 3 hours . You can have more clear liquids if you want up until 3am. **NOTHING TO EAT OR DRINK AFTER 3AM.**
- C) If you are drinking Plenvu - mix contents of the second dose (two packets pouch A and pouch B) of PLENVU (fruit punch flavor) with at least 16 ounces of water and drink slowly over 30 minutes. Drink the entire contents. Refill the container with at least 16 ounces of clear liquid and drink within 30 minutes. Stay hydrated before, during, and after the use of PLENVU. I recommend that you drink more clear liquids after this until 3am. **NOTHING TO EAT OR DRINK AFTER 3AM.**
- D) If you are drinking Golytely – drink the remaining 2 liters of Golytely solution by drinking an 8 ounce glass of Golytely every 10-15 minutes. If you begin to feel too full you may take a 15 to 20 minute break and then resume drinking the Golytely until it is finished. You can drink more clear liquids after this until 3am. **NOTHING TO EAT OR DRINK AFTER 3AM.**

If your stool does not turn a water consistency by 3am then you should take 2 more Dulcolax (Bisacodyl) tablets at 3am with an 8 ounce glass of water and then nothing to eat or drink after that. **However, your cardiac or blood pressure medications should be taken with a sip of water 2 hours before your procedure, unless otherwise instructed by your doctor.**

Again, please arrive at the NYU Ambulatory Care Center one hour prior to your procedure .