



**EAST END GASTROENTEROLOGY & HEPATOLOGY**

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**COLO**

**ENDO**

**COLO/ENDO**

**PATIENT:** \_\_\_\_\_ **DATE SCHEDULED:**

\_\_\_\_\_ **APPOINTMENT TIME:** \_\_\_\_\_ **ARRIVAL**

**TIME:** \_\_\_\_\_

**PLACE: 496 County Road 111, Building D Suite 2 Manorville, NY 11949**

**Directions to our Manorville Location:**

**GPS / GOOGLE MAPS – for address Put in CVS in MANORVILLE**

**From Points West Via LIE:** Take the LIE to Exit 70, County Road 111 toward Manorville/Eastport. At the intersection turn right onto CR 111. Proceed to the entrance to the PBMC buildings in the CVS shopping center and turn right. Building D is the second building on the right. The Suite 2 entrance is on the right side, to the back of the building.

**From Points East Via LIE:** Take the LIE to Exit 70, County Road 111 toward Manorville/Eastport. At the intersection turn left onto CR 111. Proceed to the entrance to the PBMC buildings in the CVS shopping center and turn right. Building D is the second building on the right. The Suite 2 entrance is on the right side, to the back of the building.

**PLEASE NOTE:**

**PATIENTS THAT CANCEL WITH LESS THAN 72 HOURS  
NOTICE WILL INCUR A \$100 CANCELLATION FEE**

## COLONOSCOPY INSTRUCTIONS

You have been scheduled for a colonoscopy. This information sheet will inform you of how to best prepare for the procedure. If there are any questions remaining after reading these instructions, please call our office. If you are unable to keep your appointment, please give us at least 72 hours notice.

### IMPORTANT NOTES:

1. **You must arrange to have someone accompany you for the procedure. You will not be allowed to drive home, and you may not drive for the rest of the day. On the day of the procedure, if you arrive without someone to take you home, your procedure will not be done.**
2. **You cannot go to work the day of the procedure.**
3. **If you take any blood thinners such as Coumadin, Plavix, Effient, or Pradaxa on a daily basis, you must notify the Doctor immediately. These medications may need to be discontinued prior to your colonoscopy.**
4. **You must thoroughly read the instructions on the following pages.**

### COLONOSCOPY INFORMATION:

Colonoscopy is a diagnostic procedure that uses a thin flexible tube with a camera and a light to examine the lining of your large intestine (known as the colon). During the exam, you will be lying on your left side on a stretcher. An intravenous catheter (an "IV") will be placed in a vein in your arm. You will then be hooked up to monitoring equipment to measure your heart rate, blood pressure and oxygen level of your blood. An Anesthesiologist or his/her assistant will administer medicine into your I.V. for sedation (**please notify us of any allergies to medicines**). Once you are asleep and comfortable, the colonoscope will be gently inserted into the rectum and carefully advanced through the colon. If a colonic polyp, an abnormal growth of colonic tissue is found, your physician may be able to remove the polyp through the instrument. In rare cases, passage of the colonoscope through the entire colon cannot be achieved. The entire examination usually lasts from 20 minutes to one hour.

The **benefits** of the procedure include the ability to detect and remove colon polyps for colon cancer prevention, evaluate gastrointestinal and abdominal symptoms, obtain biopsies, and identify and treat sites of bleeding. Although Colonoscopy is a safe procedure, complications can occur. The **Risks** include but are not limited to, Bleeding which can occur after polyp removal or therapy and generally stops on its own but on occasion may require blood transfusion, repeat colonoscopy, hospitalization and/or surgery ; Perforation which is a puncture or tear in colon wall which may require hospitalization, surgery and may be serious complication that can even cause death; Reaction to sedation which very rarely some patients develop low blood pressure, irregular heartbeat or difficulty breathing; Missed polyps or

lesions which, because the test is not perfect, can occur particularly if they are small in size or flat in shape.

**After the procedure**, You might be sleepy for one to two hours after the procedure due to medications you will receive at the time of the 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 the colonoscopy. You will be able to resume your diet after the colonoscopy, unless you are instructed otherwise.

#### **ONE WEEK PRIOR TO EXAM:**

- **Arrange for someone to drive you home from your procedure. YOU WILL NOT BE ALLOWED TO DRIVE HOME OR TAKE A TAXI WITHOUT AN ADULT (OTHER THAN THE TAXI DRIVER) TO ACCOMPANY YOU. On the day of the procedure, if you arrive without someone to take you home, your procedure WILL NOT be done.**
- **Arrange to take the day of the procedure off from work. You cannot go to work; you are to stay at home the remainder of the day after the procedure and relax. You may not DRIVE FOR THE REST OF THE DAY!**
- **Stop any vitamins containing iron and/or iron supplements one week prior to the colonoscopy.**
- **Purchase your prep!**

#### **THREE DAYS PRIOR**

- **Please limit intake of corn, celery, lettuce, nuts and seeds as these are poorly digestible and often leave residue in the colon and can interfere with exam visualization.**

**DAY BEFORE PROCEDURE:** (If your procedure is on a Wednesday, this would mean midnight Monday which is start of Tuesday)

- **START CLEAR LIQUID DIET** for the entire day before the procedure which means **NO SOLID FOOD, NO GUM, NO MILK OR MILK PRODUCTS, NO JUICE WITH PULP OR SEEDS.**
- **YOU MAY ONLY HAVE THE FOLLOWING:**  
Water, Seltzer, Apple Juice, White Grape Juice, Sprite, Ginger Ale, 7 UP, Mountain Dew, light colored sports drinks, crystal light, green or white tea, Bouillon or Clear Broth, Gatorade (NO RED), Italian Ice (NO RED), Plain Jello (NO RED), Popsicles (no milk or fruit pieces).  
There are no exceptions, patients may eat and drink ONLY WHAT IS ON THIS LIST!!
- **BEGIN YOUR PREP AS DIRECTED.**

## Golytely or Nulytely Instructions

### Pick up from the pharmacy

1. Golytely / Nulytely prescription which includes powder and one disposable container for mixing.
2. Two (2) Dulcolax tablets (no prescription necessary).
3. 2 packets of Crystal Light Raspberry Green Tea Drink Mix (0.09 oz / 2.72 gm packets).

### THE DAY BEFORE THE PROCEDURE:

1. **CLEAR LIQUID DIET. NO SOLID FOOD.**
2. **BEFORE 4PM (usually in morning)-** Empty pouch of powder into the disposable container. Add lukewarm drinking water to the top line on the line of the container. Add in one packet of Crystal Light Raspberry Green Tea Drink Mix. Mix to dissolve. Refrigerate!
3. **AT 4 PM-** Start drinking the solution. Drink 8 oz glass every 15 minutes till complete one half (1/2) of the container. It is better to drink whole glasses than sip or use a straw. If you feel nauseated then slow down the time between glasses.
4. **AT 10 PM-** Drink the remainder of the fluid drinking one 8 oz glass every 15 minutes. Take two Dulcolax tablets

### THE DAY OF THE PROCEDURE:

1. **You should take your blood pressure and heart medications early in the morning with a small sip of water.** If you are diabetic, please see diabetic instruction sheet or call the office for any questions.
2. **HAVE NOTHING TO EAT OR DRINK BEFORE THE EXAM, NOT EVEN WATER!**

Due to the anticipated large volume of diarrhea, you can use baby wipes for cleaning and the use of Destin or Vaseline for skin protection.

**DO NOT OMIT ANY PART OF THE PREPARATION. A POOR PREPARATION MAY CAUSE A POLYP OR CANCER TO GO UNDETECTED.**