

PLEASE READ YOUR PACKET



EAST END GASTROENTEROLOGY & HEPATOLOGY

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Blood Thinners: Hold 48 hours Prior to Procedure

COLO

ENDO

COLO/ENDO

W/Sutab

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.**

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COLONOSCOPY INSTRUCTIONS w/ SUPREP

You have been scheduled for a colonoscopy. This information packet will inform you of how best to prepare for the procedure. If there are any questions remaining after reading these - please Call the office at 591-3000.

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.

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. **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.

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ONE WEEK PRIOR TO EXAM:

- Pick UP your prep at your pharmacy!!
- Arrange for someone to drive you home from your procedure.
- **YOU WILL NOT BE ALLOWED TO DRIVE HOME.** You MAY take a TAXI home, if you can't have someone take you home.
- 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

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:

- When you wake up, BEGIN your **CLEAR** LIQUID DIET
- **NO SOLID FOODS AT ALL**
- **The following liquids ARE allowed:**

Water	Apple Juice	White Grape Juice	Sprite	7 UP
Seltzer	Crystal Light	Mountain Dew	White Tea	Ginger Ale
Sprite	Green Tea	Chicken Broth	Bouillon	
Gatorade*				
Jell-O*	Italian Ices*	Ice Pops*	Coffee*	Tea*

***NO RED DYE *NO MILK OR DAIRY PRODUCTS *NO PULP, SEEDS, GUM**

NO exceptions, patients should ONLY HAVE WHAT IS ON THIS LIST!!

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BEGINNING YOUR PREP

Only Clear liquids may be consumed until after the colonoscopy

1. At 6pm In the evening prior to colonoscopy, open one bottle of 12 tablets.
2. Fill the provided container with 16 ounces of clear liquid to the fill line. Swallow each tablet with sip of water and drink the entire amount over 45 mins to one hour, **Do NOT take to quickly or you will experience nausea and vomiting.**
3. Approximately one hour after the last tablet is ingested, fill the provided container a second time with 16 ounces of clear liquid to the fill line and drink the entire amount over 30 mins.
4. Approximately 30 mins. After finishing the second container of clear liquid, fill the provided container again with 16 ounces of clear liquid and drink the entire amount over 30 mins.
5. If you should experience preparation-related symptoms (e.g. nausea, bloating or cramping), pause or slow the rate of drinking the additional clear liquid until symptoms diminish.

THE DAY OF THE PROCEDURE

1. You should take your blood pressure and heart medications very early in the morning with a small sip of water. If you are a diabetic, please see diabetic instruction sheet or call the office for any questions.
2. The Morning of Colonoscopy (5 hours prior to the colonoscopy and no sooner than 4 hours from starting dose 1) open the second bottle of the 12 tablets.
3. Fill the provided container with 16 ounces of clear liquid to the fill line, swallow each tablet with a sip of liquid and drink the entire amount over 45 mins to one hour, **do NOT take to quickly or you will experience nausea and vomiting.**
4. Approximately one hour after the last tablet is ingested, fill the provided container a second time with 16 ounces of liquid to the fill line and drink the entire amount over 30 mins.

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5. Approximately 30 mins after finishing the second container of liquid, fill the provided container again with 16 ounces of liquid to the fill line and drink the entire amount over 30 mins.
6. If you should experience preparation-related symptoms (e.g. Nausea, bloating, cramping) pause or slow the rate of drinking the additional water until symptoms diminish.
7. Complete all Sutab Tablets and water at least two hours prior to colonoscopy. Do NOT have anything else by mouth including liquids 2 hours prior to procedure.

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 POYLP OR CANCER TO GO UNDETECTED.