

PLEASE READ YOUR PACKET



EAST END GASTROENTEROLOGY & HEPATOLOGY

Blood Thinners: Hold 48 hours Prior to Procedure

COLO

COLO/ENDO

W/Sutab Pills

PATIENT: _____ **DATE SCHEDULED:** _____

APPOINTMENT TIME: _____ **ARRIVAL TIME:** _____

Location: 287 Wading River Road Unit 2, Manorville, NY 11949

Phone: 631-591-3000 Fax: 631-591-1734

Directions to our Manorville Location:

GPS / GOOGLE MAPS – LI Urgent Care Manorville NY

From LIE Heading East: Take the LIE to Exit 69, south on Wading River Road, Continue South over South Street. Head south towards Sunrise Highway. Manorville Square is located on the left- hand side of Wading River Road before Sunrise highway, across from the Animal Farm Petting Zoo. We share the same parking lot as LI Urgent Care. **From LIE Heading West:** Take LIE to Exit 69, Make a Left onto Wading River Road, Continue South over South Street heading towards Sunrise highway, Manorville square is located on the left-hand side of Wading River Road across from the Animal Farm Petting zoo.

From Sunrise Highway Heading West: Take Sunrise Highway to Exit 59, we are located in the same parking lot as LI Urgent care right off of Sunrise highway North service road located behind the EXXON gas station. **From Sunrise Highway Heading EAST:** Take Sunrise Highway Exit 59 for Wading River Road/ County RD 25 towards Center Moriches- Make a Left at Wading River Road Light(7 Eleven will be to your right) Cross over Sunrise Hwy Bridge, EXXON Gas Station will be on the right. Manorville Square entrance will be on the right-hand side after EXXON.

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

COLONOSCOPY INSTRUCTIONS w/ SUTAB

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

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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.

ONE WEEK PRIOR TO EXAM:

- Pick up your prep at your pharmacy, or confirm it was shipped to your home.
- 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*

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

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

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 1 tablet every five minutes for an hour, Do NOT take too 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 open the second bottle of the 12 tablets.
3. Fill the provided container with 16 ounces of clear liquid to the fill line,
swallow 1 tablet every five minutes for an hour, do NOT take too quickly or you will experience nausea and vomiting.
4. Approximately 30 Minutes 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.