

## About Colonoscopy

Bowel preparation (cleansing) is needed to perform an effective colonoscopy. Any stool remaining in the colon can hide lesions and result in the need to repeat the colonoscopy. You should plan to be at the office for 1-2 hours. It is critical that you follow the instructions as directed.

The physician will discuss your procedure with you when you are in the recovery room. If there are serious findings on the biopsy, your physician will contact you.

Every effort will be made to keep your appointment at the scheduled time, but in medicine, unexpected delays and emergencies may occur and your wait time may be prolonged. We give each patient the attention needed for his or her procedure.

If you have any questions, please call 516-341-0990; if you need to cancel, please call as soon as possible.

## What to Bring:

1. The first and last name, phone number and address of all doctors you want to receive a copy of your procedure report.
2. Someone to drive you home. Sedation is usually given during your procedure. **If you have not arranged for someone to drive you home, your procedure may be cancelled.** The person who signs you out must be with you in the office before you can be released and must be 18 years of age. You will not be able to drive, operate machinery, make important decisions or return to work for the rest of the day. You may resume normal activities the next day unless the doctor states otherwise.
3. Your insurance cards. Many insurance carriers (not Medicare) and managed care organizations require preauthorization or precertification. *If you have specific questions about coverage for your upcoming procedure, please contact your insurance company.*

## 4. Patient Checklist

IF YOU ARE AFFECTED BY ANY OF THE CONDITIONS LISTED BELOW, PLEASE FOLLOW THESE INSTRUCTIONS.

Diabetes	Check with your physician regarding your dose of insulin and other diabetic medications needed the day before and the day of your procedure. Inform your doctor that you will be on clear liquids the day prior to your procedure. Typically, we recommend that you do <b>not</b> take your oral hypoglycemic or insulin before your procedure. Bring it with you to take after your procedure. Check your blood sugar frequently while taking the prep solution and the morning of your procedure.
Hip or knee replacement in the past 6 months, vascular graft in the past year, coronary stent in the past 6 weeks	Some physicians may recommend antibiotics before your colonoscopy. Please discuss this with the physician who performed the surgery or stent. If the physician recommends antibiotics please call this office and inform the nurse or physician. Do not schedule your procedure before 8:00am.
Aspirin	If you are taking aspirin <b>PRESCRIBED</b> by your MD please continue to take it. If you do not have a heart or blood vessel or clotting disorder, and you are taking aspirin on your own without a doctor's advice, please stop taking aspirin 5 days before your procedure.
Heart and Blood Pressure Medications	Continue with sips of water at the "usual time" up until 2 hours prior to the procedure time. If you normally take the medication within two hours of the scheduled procedure time then wait until after the procedure to take the medicine
Coumadin, Plavix, Heparin, Lovenox, or other anticoagulants	Ask the physician who prescribed your medicine how to take it before and after your procedure. If you cannot contact your physician, call us several days before your exam. If you take Coumadin, you may need a blood test two hours before your exam. <p style="text-align: center;"><u><i>Please do not assume that you can safely follow the same medication adjustments that have been made for your previous procedures.</i></u></p>
Kidney Disease	If you have any kidney disease, please contact your doctor regarding this prep.

### What to Wear

Wear comfortable, loose fitting clothing that is easy to step into. Wear flat shoes or tennis shoes. Do not wear jewelry or bring valuables.

**Please note:** Although your upcoming colonoscopy may be scheduled as a screening procedure, if during the course of your screening the physician removes a polyp or performs a tissue biopsy, the procedure may be considered diagnostic and may not qualify for coverage as a screening service. Insurance company policies vary regarding these matters and we urge you to contact your insurance company to obtain their policy on these types of procedures. You are responsible for any necessary referrals.

## Prep Instructions for Colonoscopy –

Arrange for a driver for your procedure.	Confirm that you have a driver to take you home following your procedure.	You may apply a petroleum based product or diaper rash ointment to the rectal area if you experience discomfort from frequent stools.	<b>Your driver must be available at the end of your procedure.</b>
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**If you think the prep is not working, please call the office. 516-341-0990.**

## Clear Liquid Diet

As a rule – if you can see through it, you can drink it.

### **Gatorade is the preferred clear liquid (no red or purple)**

Clear fruit juices, white grape juice and apple juice

Water

Kool-Aide, PowerAde (no red or purple)

Clear soup, broth or bouillon

Popsicles (no red or purple)

Tea or coffee

Hard candies

Crystal Lite Lemonade

Soda pop, 7-Up, Sprite, regular or diet Pepsi or Coke, ginger ale, orange soda (no red or purple)

Jell-O (no red or purple)

You may have milk, PLAIN or VANILLA ice cream and yogurt until the start of your prep at 5pm.