

Maxwell M. **C**hait, M.D., F.A.C.P., F.A.C.G.

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- Hartsdale Medical Group, P.C.
 - 180 East Hartsdale Avenue
 - Hartsdale, NY 10530
 - (914) 725-2010 x 118

COLONOSCOPY

Date of Procedure: _____

Place of Procedure: _____

Time of Procedure: _____ arrive at _____

**NOTHING TO EAT OR DRINK THE DAY OF THE PROCEDURE AND NO
ORAL MEDICATIONS THE DAY OF THE PROCEDURE**

COLONOSCOPY INSTRUCTIONS

- 1 Prior to the examination, an office visit and blood tests must be done in our office. You may eat or drink prior to these blood tests.
- 2 **One week prior to the examination, discontinue all drugs that affect blood clotting including Aspirin, Dipyridamole, Persantine, and anti-inflammatory agents such as Ibuprofen, Motrin, Advil, Aleve, Nuprin, Naprosyn, Anaprox, Voltaren, Celebrex or Vitamin E, Omega Fish Oil, Garlic, Ginseng, Ginkgo Biloba, Ginger, Saw Palmetto or Glucosamine/Chondroitin. Tylenol is permitted. If you are taking Coumadin, Lovenox, Ticlid or Plavix, please discuss this with your Cardiologist. If a polypectomy is performed, you may have to continue to stay off the above drugs after the examination, Please check with your doctor.**
- 3 If you have any questions regarding the procedure or the preparation, please contact the office before your scheduled appointment so that we may assist you. Remember to follow the instructions for the procedure exactly as they appear on the following pages. Please speak with the Endoscopy Scheduling Staff in our office to answer any questions.
- 4 You may have to check with your insurance company before the exam to see if pre-certification is required. Hartsdale Medical Group staff will also contact your insurance carrier for pre-certification. **IF THERE ARE ANY CHANGES IN YOUR INSURANCE CARRIER, YOU MUST INFORM THIS OFFICE.**
- 5 If your procedure is scheduled at the hospital, please report to the Admitting Office one hour before your appointment to register. The procedure cannot be done if you have not registered with the Admitting Office.
- 6 **If you find it necessary to change your appointment date, you must call the Hartsdale Medical Group in a timely fashion to allow rescheduling.** Informing the Hospital Endoscopy unit or the Admitting Department is not sufficient.
- 7 Please inform Dr. Chait if you have any valvular heart disease or other conditions requiring prophylactic antibiotics.

PLEASE BRING THE ATTACHED MEDICATION FORM WITH YOU ON THE DAY OF YOUR PROCEDURE

BEFORE THE COLONOSCOPY, FOLLOW THESE INSTRUCTIONS

DAY BEFORE EXAM

- 1 Follow the Clear Liquid Diet on page 4.
- 2 **Bowel Preparation Instructions: DUCOLAX/MAGNESIUM CITRATE PREP:** One day before your colonoscopy, you must have a clear liquid diet. We encourage as much fluid as possible to avoid dehydration. At **3PM** the day before take **4 (four) DUCOLAX LAXATIVE TABLETS** and continue the clear liquid diet. At **5PM**, take one bottle of **MAGNESIUM CITRATE (CITROMA) 10oz bottle**. Continue the clear liquid diet. At **10PM**, repeat one bottle of **MAGNESIUM CITRATE (CITROMA) 10 oz bottle**. Continue the clear liquid diet until midnight. **OR** **GOLYTELY, HALF- LYTELY, MOVIPREP:** Mix according to the instructions; refrigerate immediately after mixing. Begin drinking the mixture at _____ p.m. the night before the exam. Drink a large (8 oz.) glass every 15 minutes. It is best to drink the whole glass rapidly rather than sipping small amounts. It is important to continue drinking until the bottle is empty, **OR** take **OSMOPREP (32) Tablets as directed...** You may drink as much extra clear fluids as desired. **YOU SHOULD NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT THE DAY PRIOR TO THE PROCEDURE**
- 3 **An adult must accompany you to the examination because you will be given sedation just prior to the examination. For procedures performed with an anesthesiologist, Propofol sedation will be administered. For procedures performed without an anesthesiologist, Versed or Valium plus Demerol or Morphine will be used for sedation, as deemed appropriate for the individual patient. You may return home by car or taxicab accompanied by an adult and you must rest for the remainder of the day. You will not be allowed to drive yourself home.**
- 4 Since air is instilled during the exam, you may be gaseous for a day or so following the exam.
- 5 If biopsies were taken during the exam, you may see a little blood in your bowel movements for a day or so.
- 6 If a polypectomy was performed, follow the Low Residue Diet for 10 days. Also avoid all drugs that effect blood clotting including, Aspirin, Dipyridamole, Persantine, Coumadin, and anti-inflammatory agents such as Ibuprofen, Motrin Advil, Nuprin, Naprosyn, Anaprox, Voltaren, Vitamin E, etc., for 14 days.

If any urgent problems arise, such as bleeding, fever, severe abdominal pain or extreme weakness, call the doctor's office immediately. Read carefully. Do not exceed recommended dosage as serious side effects may occur.

CLEAR LIQUID DIET

FOLLOW THESE STEPS **THE DAY BEFORE THE COLONOSCOPY**

FOOD	AMOUNT	<u>FOODS INCLUDED</u>	<u>FOODS EXCLUDED</u>
Beverages	As Desired	Weak tea, Postum, Sanka, carbonated beverages, black decaf coffee, diet Pepsi/Coke, Kool-Aid, Crystal Light	Milk, cream
Soup	As Desired	Clear, consommé, broth, bouillon	Any other
Juice	As Desired	Apple juice, white grape juice, white cranberry juice	Any other
Dessert	As Desired	Gelatin (Lemon or lime only) Popsicles	Any other
Sweets	As Desired	Granulated sugar, pure sugar candy	Any other

Drink Gatorade (Lime, Lemon, Ice, Watermelon or Gatorade water “Propel Water”
Do not eat or drink anything red, orange or purple.

NOTHING TO EAT OR DRINK AFTER MIDNIGHT

LOW RESIDUE DIET

TO BE FOLLOWED **AFTER** THE COLONOSCOPY IF THE DOCTOR RECOMMENDS

FOODS ALLOWED

- Beverages:** Whole milk, weak tea, cocoa, coffee and Sanka.
- Breads:** Enriched white bread (may be toasted), soda crackers, White rolls—no seeds.
- Cereals** Refined cereals, cornflakes, strained oatmeal
- Cereal Foods:** Rice Krispies, rice flakes, buttered macaroni, noodles, spaghetti, rice, puffed rice., white rice, plain crackers
- Desserts:** Angel cake, sponge cake, sugar cookies, vanilla wafers, custard, jello (lemon or lime only), ice cream without fruits or nuts, plain gelatin, rice bread, tapioca or chocolate pudding, strained fruits, sherbet, and plain low fat yogurt.
- Cheese:** Cream, cottage, pot, milk, processed cheese.
- Fruits:** Whole canned peeled apricots, pears, peaches, baked apple (no skin), banana, strained fruit, juice, all other canned or stewed fruits pureed.
- Meats:** Tender baked, roasted or broiled beef, skinless chicken, veal, skinless turkey, liver and fish. All other meats minced. plain canned tuna fish and salmon, oysters, lean fresh pork, crisp bacon, and lean ham.
- Eggs:** Any style except fried.
- Vegetables:** All vegetables pureed, tomato juice, skinless white and sweet potatoes, green beans.
- Butter:** Three pats daily.
- Sweets:** Sugar, plain jelly, honey, syrup, hard candies and plain chocolate.
- Soups:** Broth, strained creamed soups.

LOW RESIDUE DIET

TO BE FOLLOWED ***AFTER*** THE COLONOSCOPY IF THE DOCTOR RECOMMENDS

FOODS TO AVOID

Beverages: Alcohol, soft drinks.

Breads: Whole grain breads, rye breads with nuts or fruit, graham crackers, pretzels

Cereal Foods: Bran, whole grain cereal with nuts, seeds or fruit, granola

Cheese: Strongly flavored sharp cheeses.

Desserts: Any containing whole fruits, nuts, spices, gingerbread, pastries, pies, spice cake, tarts, any kind or red jello.

Meats/Fish: Smoked ham, highly seasoned meats, shrimp, and lobster.

Eggs: Fried.

Vegetables: All strongly flavored vegetables, raw vegetables.

Soups: Bouillon cubes.

If you are on special dietary restrictions, please check with your doctor.

COLONOSCOPY

After careful medical assessment, your doctor has recommended that you have a colonoscopy. During colonoscopy, a flexible fiberoptic tube (colonoscope) is passed through the rectum into the lower intestinal tract. This procedure allows the doctor to examine the lining of the rectum and the large intestine (colon) and to identify abnormalities.

For the procedure, you will lie on your left side on the examining table. You will probably be given pain medication and a mild sedative to keep you comfortable and to help you relax during the exam. The physician will insert a long, flexible, lighted tube into your rectum and slowly guide it into your colon. The tube is called a colonoscope (koh-LON-oh-skope). The scope transmits an image of the inside of the colon, so the physician can carefully examine the lining of the colon. The scope bends, so the physician can move it around the curves of your colon. You may be asked to change positions occasionally to help the physician move the scope. The scope also blows air into your colon, which inflates the colon and helps the physician to see better.

As you lie on your left side, the doctor will examine your rectum with a gloved, lubricated finger. Then he will insert the lubricated flexible colonoscope that will give you a mild sensation of wanting to move your bowels. As the colonoscope is carefully advanced through the colon, the doctor will examine the bowel lining thoroughly. You may feel some cramping or gas due to the air that the doctor is putting in your colon. You may be asked to change positions during the procedure to assist in passage of the colonoscope.

Often a biopsy specimen (tiny bit of tissue) is taken for microscopic examination. If you have a polyp, it may be removed using electrocautery through the colonoscope. You will not feel any sensation or discomfort when the biopsy is performed or the polyp is removed.

If anything unusual is in your colon, like a polyp or inflamed tissue, the physician can remove a piece of it using tiny instruments passed through the scope. That tissue (biopsy) is then sent to a lab for testing. If there is bleeding in the colon, the physician can pass a

laser, heater probe, or electrical probe, or inject special medicines, through the scope and use it to stop the bleeding.

Bleeding and puncture of the colon are possible complications of colonoscopy. However, such complications are uncommon.

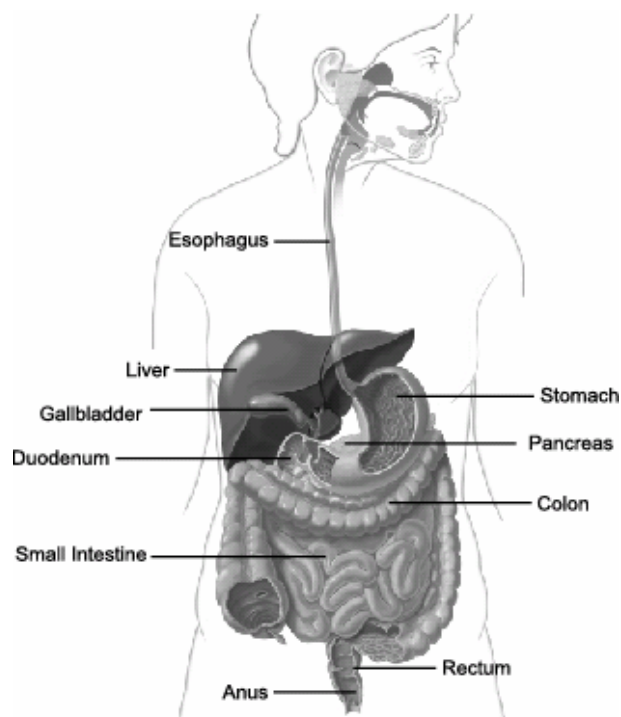
Colonoscopy takes 30 to 60 minutes. The sedative and pain medicine should keep you from feeling much discomfort during the exam.

FROM YOUR PHYSICIAN

“A Guide for Patients” is being given to you by your physician to help you better understand the particular digestive problem affecting you. Studies have shown that the more that a patient knows, the easier it is for the patient to cooperate with the physician and the more effective can be the prescribed treatment.

The information in “A Guide for Patients” has been prepared by the National Digestive Diseases Information Clearinghouse, a service of the National Institute of Diabetes and Digestive and Kidney Diseases, National Institute of Health, U.S. Public Health Service.

If you have any questions, please feel free to ask the doctor or the GI nurse.



NONPRESCRIPTION

American College of Gastroenterology GI Bleeding Registry

GUIDE TO OTC AND NONPRESCRIPTION PRODUCTS

Containing NSAIDS, i.e., Aspirin, Aspirin-like Compounds, Ibuprofen, and Naproxen Sodium

Please do NOT take these products for a full week prior to the procedure.

NONPRESCRIPTION products containing aspirin and/or aspirin-like compounds		NONPRESCRIPTION products containing Ibuprofen	NONPRESCRIPTION products containing Naproxen Sodium
Alka-Seltzer Antacid/Pain Reliever Effervescent Tablets	Cama Arthritis Pain Reliever Tablets	Advil Caplets/Tablets	Aleve Caplets/Tablets
Alka-seltzer Plus Cold Medicine Tablets	Doan's Pills Caplets	Advil Cold/Sinus Caplets	
Anacin Caplets/Tablets	Ecotrin Caplets/Tablets	Bayer Select Ibuprofen Pain Relief Formula Caplets	
Anacin Maximum Strength	Empirin Tablets	Dristan Sinus Caplets	
Bufferin Tablets	Excedrin Extra-Strength Caplets/Tablets	Haltran Tablets	
Anacin Pain Formula Tablets	Glucosamine/Chondroitin Tablets	Ibuprohm Ibuprofen Caplets/Tablets	
Arthritis Strength Bufferin Tablets	Midol Caplets	Midol IB Tablets	
Ascriptin Caplets/Tablets	Mobigesic Analgesic Tablets	Midol IB Caplets/Tablets	
Ascriptin A/D Caplets	Norwich Tablets	Nuprin Ibuprofen Caplets/Tablets	
Aspergum	P-A-C Analgesic Tablets	Sine-Aid IB	
Bayer Aspirin Caplets/Tablets	Pepto-Bismol Liquid/Tablets	Bufferin Arthritis Strength Caplets	
Bayer Children's Chewable Tablets	Sine-Off Tablets, Aspirin Formula		
Bayer Plus Tablets	St. Joseph Adult Chewable Aspirin		
Maximum Bayer Caplets/Tablets	Therapy Bayer Caplets		
8-Hour Bayer Extended Release Tablets	Trigesic		
BC Powder	Ursinus Inlay-Tabs		
BC Cold Powder	Vanquish Analgesic Caplets		
Bufferin Caplets/Tablets			

Important Note:

Not a complete list. Other products may also contain aspirin, aspirin-like compounds and/or Ibuprofen. Occasionally, products may be reformulated to add or remove aspirin, aspirin-like compounds and/or Ibuprofen.

******DO NOT TAKE Vitamin E, Motrin, Vioxx, Celebrex, Relafen, Lodine, or any ANTI-INFLAMATORY medications.***

PRESCRIPTION

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GUIDE TO OTC AND PRESCRIPTION PRODUCTS

Containing NSAIDS, i.e., Aspirin, Aspirin-like Compounds, Ibuprofen, and Naproxen Sodium

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PRESCRIPTION products containing aspirin or aspirin-like compounds	PRESCRIPTION products containing Ibuprofen	PRESCRIPTION products containing Naproxen/Naproxen Sodium
Darvon Compound-65 Disalcid Capsules/Tablets Easprin Tablets Empirin with Codeine Tablets Fiorinal Capsules/Tablets Fiorinal with Codeine Capsules/Tablets Lortab ASA Tablets Magsal Tablets Mono-Gesic Tablets Norgesic & Norgesic Forte Tablets Percodan & Percodan-Demi Tablets Robaxisal Tablets Salfex Tablets Soma Compound Tablets Soma Compound with Codeine Tablets Synalgos-DC Capsules Talwin Compound Tablets Trilisate Tablets/Liquid	Motrin Tablets Children's Advil Suspension Children's Motrin Suspension	Naprosyn/Suspension Tablets Anaprox/Anaprox DS Tablets

Important Note:

Not a complete list. Other products may also contain aspirin, aspirin-like compounds and/or Ibuprofen. Occasionally, products may be reformulated to add or remove aspirin, aspirin-like compounds and/or Ibuprofen.