

NEW YORK UNIVERSITY MEDICAL CENTER

Division of Gastroenterology
Department of Medicine

NYU Gastroenterology Associates
530 First Avenue, SKI Suite 9N
New York, NY 10016-6497

Tel: (212) 263-3095
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COLONOSCOPY PREP

*****You will not be able to leave the hospital alone. An adult to escort you home must accompany you.**

1 Day Before the Procedure (/ /):

6:00 AM: Do not eat or drink anything other than CLEAR liquids beyond this point.
Examples of clear liquids include: sodas, tea, coffee, Jell-O, broth, water, Gatorade.
Avoid red liquids such as red Jell-O; red-colored beverages.

2:00 PM: Take 4 OSMOPREP tablets with at least 8 ounces of a clear liquid every 15 minutes for a total of 5 doses. This will make a **total of 20 pills!**

- Bowel movements should occur about 1 hour after the first dose. They will continue periodically for approximately 1-2 hours following completion of your last glass. By this time the stool liquid should be clear.
- Feelings of bloating and/or nausea are common after the first few glasses of solution because of the large volume of fluid ingested. This is temporary and will disappear once bowel movements begin.

8:00 PM: Take 4 OSMOPREP tablets with at least 8 ounces of a clear liquid and every 15 minutes for a total of 3 doses. This will make a **total of 12 pills!** After, you may drink as much clear liquid as you wish.

NOTE: Remain at home after taking OsmoPrep.

Day of the Procedure:

You may have clear liquids up to four hours before your procedure.

Your colonoscopy is scheduled for: Date: _____ Time: _____ You must arrive at: _____

NYU MEDICAL CENTER/ TISCH HOSPITAL
530 FIRST AVENUE (b/w 30-34th St.)
“A” elevators to the 10th FLOOR- DAY SURGERY UNIT

YOU MUST ARRIVE 90 MINUTES BEFORE YOUR SCHEDULED PROCEDURE TIME

Medications and other conditions relating to the procedure

- 1.) Stop taking aspirin, anti-arthritis, Ibuprofen or blood thinning drugs at least 5 days before the day of your colonoscopy unless otherwise directed. You may take Tylenol.
- 2.) Do not take iron or multi-vitamins containing iron for 2 days prior to your colonoscopy.
- 3.) Do not take any insulin or anti-diabetic medication on the morning of your colonoscopy.
- 4.) Notify the doctor if you take any blood-thinners such as Coumadin.
- 5.) Take only heart, seizure or steroidal medications as usual. Hold all other medications (day of procedure).
- 6.) If you have any heart valve problems, arterial grafts, etc, please notify the doctor before your colonoscopy. You may need to be given antibiotics before your procedure.
- 7.) Women of childbearing age: Colonoscopy should not be done if you are pregnant. If you suspect that you are, notify the doctor to cancel the colonoscopy.



NEW YORK UNIVERSITY SCHOOL OF MEDICINE

NYU Gastroenterology Associates

Basil K. Lucak, M.D.
Roshini Rajapaksa, M.D.
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Center for Esophageal Disease
Morris Traube, M.D., J.D., Director
Professor of Medicine
Associate Chair for Clinical Affairs
Department of Medicine
Section Chief, Gastroenterology, Tisch Hospital

NYU School of Medicine

Dear Patient,

Welcome to NYU Medical Center and the Division of Gastroenterology. We, in the Department of Anesthesiology also with the NYU Medical Center, wish to make your GI procedure as comfortable as possible. The medication our department provides will do so and is administered by a faculty member in the department of Anesthesiology, on the staff at Tisch Hospital and are members of NYU Anesthesia Associates.

As of November 2008, NYU Anesthesia Associates participates in the insurance companies listed below. Since these contracts terminate at varying times, we may add or subtract insurers in the future. If your plan isn't listed below or you aren't sure which carrier your plan falls under, please contact the Anesthesia billing department, toll free at, 1-877-675-5174 for further information regarding any anesthesia billing questions you may have.

NYU Anesthesia Associates Participating Insurers-November 2008

Empire BC/BS

Blue choice senior care plan
HMO/POS
PPO

HIP

HIP-Medicare
Medicaid
PPO/EPO/POS

United Healthcare

Only Atlanta, GA.
claim address policy plans.

Oxford
PPO/HMO
Medicare
Freedom
Liberty

GHI
PPO
Medicare

Aetna
PPO
HMO
POS
Medicare

Healthnet

Horizon-PPO, only

Multiplan

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