



NEW YORK UNIVERSITY SCHOOL OF MEDICINE

NYU Gastroenterology Associates

Basil K. Lucak, 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

Colonoscopy Prep

One day before the procedure (/ /)

- 8:00AM:** You may have a light breakfast of eggs, white toast/plain bagel (**No nuts, raisins or fruits**)
- 9:00AM:** Do not eat or drink anything other than **CLEAR LIQUIDS** beyond this point. **EXAMPLES:** Sodas, Tea, Coffee, Jell-o, Broth, Water, Gatorade. **AVOID: RED** liquids, such as **RED** Jell-o; **RED** colored beverages. Also, **NO DAIRY** drinks, including **YOOHOO**.
- 9:00AM:** Add lukewarm drinking water to the top of the line of Half-Lytely bowel prep bottle. Cap bottle and shake vigorously as directed on the container. **Refrigerate.**
- 12:00PM:** Take two Bisacodyl tablets with an 8oz. glass of water. (**Only purchase these tablets if your Half-Lytely KIT doesn't come with them.**)
- 6:00PM:** Begin drinking the Half-Lytely solution. Drink an 8oz glass every 10 minutes. It is best to drink the whole glass rapidly, rather than sipping small amounts. Continue drinking until the whole half-gallon is finished. If you feel full, rest for a few minutes before continuing to drink.

***** Bowel movements should occur about 1 hour after the first glass of prep solution. 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. This is due to the large volume of fluid being ingested. This is temporary and will disappear once bowel movements begin.**

NOTE: **Make sure the entire bottle is finished.** Remain home after taking the laxatives. **Do not eat or drink anything, including water, after 12:00pm midnight, the night before your procedure.**

530 First Avenue, Skirball 9N, New York, NY 10016-6497 Telephone: (212) 263-3095 Facsimile: (212) 263-3096





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DAY OF THE PROCEDURE:

*** You will **NOT** be able to leave the Hospital alone after your procedure. You must have an adult escort accompany you home.

Your procedure is scheduled for:

DATE _____ TIME _____ ARRIVAL TIME _____

**NYU Medical Center / Tisch Hospital
530 First Avenue (b/w 30-34th St.)**

A-elevators, to the 10th fl., (where the receptionist there will help you.)

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 procedure.
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. Notify the doctor that **you have not** taken any anti-diabetic drugs.
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.





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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

1199

