

# NEW YORK UNIVERSITY MEDICAL CENTER



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Department of Medicine



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## COLONOSCOPY PREP

### 1 Day before the procedure ( / / ):

8:00AM: You may have a normal breakfast.  
9:00AM: Begin a full liquid diet ("full liquids" includes the following):

<b>Carbonated drinks</b>	<b>Coffee/Tea</b>
<b>Fruit drinks</b>	<b>Milkshakes and ice cream.</b>
<b>Skim Milk</b>	<b>Sherbet</b>
<b>Sustacal, Ensure, Boost, Slim Fast (canned)</b>	<b>Water</b>
<b>Custard/Pudding</b>	<b>Jell-O</b>
<b>Broth</b>	<b>Gatorade</b>

5:00PM: Do not eat or drink anything other than **CLEAR liquids** beyond this point  
Mix the contents of the CoLyte (or GoLyteLy, NulyteLy) powder with a gallon of tap water and shake vigorously as directed on the container. Refrigerate.

5:00PM: Take 4 Dulcolax tablets with an 8oz glass of water.

5:30PM: Begin drinking the solution. Drink an 8ounce glass every 10 minutes. It is best to drink the whole glass rapidly, rather than sipping small amounts. Continue drinking until the whole 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 because of the large volume of fluid ingested. This is temporary and will disappear once bowel movements begin

NOTE: Remain at home after taking the laxatives.

**DAY OF THE  
PROCEDURE:**

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

Give yourself a regular fleet enema one-hour before leaving home.

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

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

**NYU MEDICAL CENTER / TISCH HOSPITAL  
550 FIRST AVENUE (b/w 30-34<sup>th</sup> St.)  
10<sup>th</sup> 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. 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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NEW YORK UNIVERSITY SCHOOL OF MEDICINE

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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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