

WESTCHESTER PUTNAM GASTROENTEROLOGY

845-278-5223 www.putnamgastro.com

COLONOSCOPY

*****Please be advised that a minimum of 48 hours' notice must be given prior to the cancelation of any procedure in order to avoid a cancellation fee which is not covered by your insurance company. A time slot for you once you make your appointment and an anesthesia provider is scheduled to come to the office specially to administer your sedation. The notice we request allows appropriate and timely rescheduling of this staff when necessary. Our primary concern is efficient and cost effective care for all of our patients. Thank you for your cooperation in assigning us to meet this goal.**

Colonoscopy is a procedure used for examination of the colon or large intestine. The instrument used is a flexible tube with a lens and light guide system at the distal tip which permits video visualizing of the lining or inner wall of the colon. The hollow channel within the instrument allows for the easy passage of biopsy forceps, polyp removal devices, and other accessories that may be required in order to perform minor interventions during your examination. Medication is given into the vein by the anesthesia provider in order to make you comfortable. Any known drug allergies or prior bad reactions to medication should be reported before your procedure begins.

The procedure lasts approximately one hour (total time) and is chiefly dependent upon technical difficulty and what types of interventions need to be done (such as biopsies or polyp removals), additional time to recover from sedation may add an additional 20-30 minutes.

Many patients have no recollection of the procedure due to sedation. Verbal discharge instructions will be given prior to the administration of this sedation and written instructions which will be given upon leaving the office. **It is imperative that you not engage in any potential hazardous activity for 24 hours, including driving an automobile. YOU MUST HAVE SOMEONE TO DRIVE YOU HOME.** Your physician will discuss the findings of your colonoscopy, preferably in the company of your escort, when you are fully awake.

RISKS

NO procedure can guarantee 100% diagnostic accuracy and all involve some risk. Serious complications are rare and consist of tearing, injuring, or perforating (putting a hole) in the wall of colon/bleeding/infection/having a bad reaction to sedation.

More commonly, a sensation of bloating or cramping may be experienced initially after the procedure. This sensation should resolve quickly once any retained air is passed and you should feel well upon leaving the office. After discharge, **please contact immediately if you experience abdominal pain, elevated temperature, or more than a tablespoon of rectal bleeding. Report to the nearest emergency room for evaluation if you are unable to contact us for any reason.**

If you have any questions about your procedure, please call the office. Our staff will be happy to assist you.

YOUR COLONOSCOPY PREP INSTRUCTIONS BEGIN ON THE NEXT PAGE

Thank you for choosing Westchester Putnam Gastroenterology for your colonoscopy.

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COLONOSCOPY

COLYTE/TRILYTE/GOLYTELY PREP

MEDICATIONS

THREE DAYS BEFORE THE PROCEDURE:

STOP taking only the following medications three days prior:

- All aspirin and aspirin containing products.
- All arthritic and pain medications, both over the counter and prescribed.
- Blood thinning medications (i.e Aggrenox, Coumadin. Presantine, Plavix, Ginkoba)
- **TYLENOL IS ACCEPTABLE**

DAY BEFORE THE PROCEDURE

- Mix the gallon mixture the morning before the procedure and place in the refrigerator to chill.

EVENING PRIOR TO THE PROCEDURE

- At 4-5PM, begin drinking the gallon mixture. Consume one glass every 15 minutes until approximately 2/3 of the bottle is consumed. Save the remainder in the refrigerator.
- If you develop bloating or nausea, pause the prep for 30 minutes until the sensation passes then resume drinking.
- Do not have anything else by mouth after midnight the night before the procedure. If your procedure is scheduled for 1:00 PM or later, you may continue to drink clear liquids up until 3 hours prior to the schedule time of your procedure.

MORNING OF THE PROCEDURE

- Beginning 5 hours before the exam, resume drinking the remaining prep until complete.
- You must finish drinking anything 3 hours before the examination. At that point, no additional liquids (not even a sip of water) can be consumed.
- **Do not take any medications the morning of the procedure, until after the procedure, unless otherwise indicated by your physician. If you use inhalers, please take them with you to procedure.**
- PLEASE REFRAIN FROM SMOKING FOR ATLEAST 4 HOURS PRIOR TO PROCEDURE!

Important Note: You may continue to have your clear liquids the day of the exam, provided that you finish all liquids including water, **at least 3 hour prior to your scheduled procedure time.**

You may take your routine medications (except those restricted above), provided they are also completely taken at least 3 hours prior to your procedure.

DO NOT HAVE ANYTHING BY MOUTH AFTER THAT

IF YOU USE INHALERS, PLEASE TAKE THEM WITH YOU TO THE PROCEDURE.

PLEASE DO NOT SMOKE FOR AT LEAST 4 HOURS PRIOR TO THE PROCEDURE

You will be given intravenous sedation for the procedure; therefore you must have an escort drive you to and from the procedure.

After the procedure, you will not be able to work at all for the remainder of that day.

CLEAR LIQUID LIST

NO RED OR PURPLE DRINKS, POPS, OR JELLO PLEASE !!!!

CLEAR SODAS (ginger ale, 7UP, cola, seltzer, sprite)

CLEAR JUICES WITHOUT PULP (apple, white grape, white cranberry)

CLEAR SOFT DRINKS (clear sports drink such as Gatorade, kool-Aid, crystal light)

ICE POPS

JELLO

CLEAR BROTHS OR CLEAR BOULLIONS

ICED TEA

HOT TEA OR BLACK COFFEE (no milk or cream)

WATER

HARD CLEAR CANDY