

DAY OF COLONOSCOPY

- DO NOT EAT ANYTHING THE DAY OF YOUR PROCEDURE.
- DO NOT DRINK ANY LIQUIDS INCLUDING WATER ON THE DAY OF YOUR PROCEDURE FOR AT LEAST 4 HOURS PRIOR TO YOUR APPOINTMENT.
- PLEASE ARRANGE TO HAVE AN ADULT ACCOMPANY YOU HOME AFTER THE PROCEDURE
- CALL OUR OFFICE IF YOU HAVE ANY QUESTIONS REGARDING THE PROCEDURE ITSELF.

Cancellations and No Shows

If you must cancel your endoscopy, please advise our office at least 72 hours prior to the procedure or you will be subject to a \$100 cancellation/no show fee.

Your Colonoscopy is scheduled for:

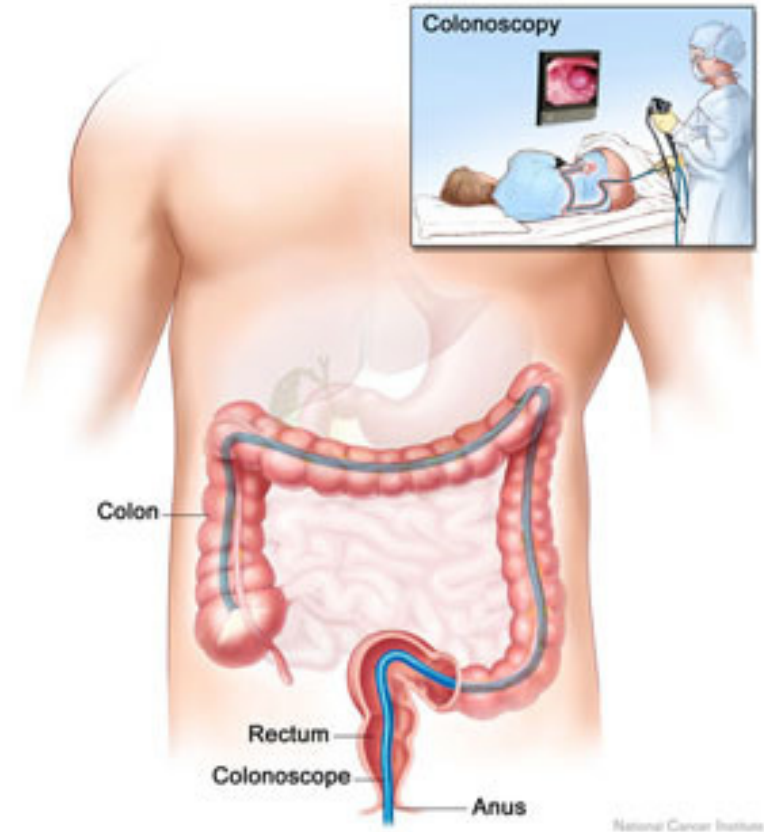
Date: _____

Time: _____

Location:

WEST SIDE GI
619 W. 54th Street (8th Floor)
New York, NY 10019
(212) 889-3142

COLONOSCOPY



LESLIE F. SEECOMAR, M.D.

60 West 68th Street, 1B
Between Columbus Ave and Central Park West
New York, NY 10023
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What is a Colonoscopy?

Colonoscopy is the visual examination of the lining of the large intestine (colon) and rectum with a flexible camera. The purpose of this exam is to evaluate any signs and symptoms, such as abdominal pain and blood in the stool, as well as screening for colon cancer.

What happens during a Colonoscopy?

You will be instructed to prepare for your colonoscopy on the day before your appointment.

While lying on your left side the anesthesiologist will administer a sedative intravenously. This will induce sleep and prevent and/or discomfort during the colonoscopy. While you are asleep Dr. Seecoomar will insert the scope into the rectum and gently advance the instrument through the colon examining it completely. Small growths (polyps) if found will be removed through the instrument. Biopsies (small samples) may be taken if necessary for further analysis. The procedure normally takes 10-30 minutes to complete.

Are there any complications?

Colonoscopy is safe and is associated with very low risk. Complications can occur but are rare.

Possible complications include:

- Hemorrhage (bleeding);
- Perforation of the Colon;
- An adverse reaction to one of the medications

It should be emphasized that complications are extremely rare. This is a commonly performed safe procedure and extreme care is always taken.

What can I expect after the Exam?

Due to the medication you may feel drowsy for a period of time after the procedure. Do not drive or use potentially dangerous machinery until the next morning.

The doctor will discuss the findings of the exam with you and provide you with instructions to follow when you return home. Ask the doctor if you have any questions.

Preparing for the Procedure

What to do with usual medications:

- DO NOT TAKE aspirin or anti-inflammatory medication such as Advil, Motrin, Aleve, Vitamin E and Ginko for 1 week before the procedure.
- Blood Thinners- Such as Plavix or Coumadin etc. must be stopped prior to the procedure. **Please ask the doctor for specific instructions.**
- Diabetes Medications- Take your morning dose the day before the colonoscopy but **do not** take your evening dose. **Do Not** take your diabetes medication the day of your colonoscopy.
- Blood Pressure Medications- **You must take these as usual in order to keep the blood pressure normal.**

Eating Instructions:

- Two days before the preparation, do not eat raw vegetables or fibrous foods including high fiber cereals, seeds, beans, salad and whole grain breads.
- **NO SOLID FOOD may be eaten for the entire day before the procedure.** Please remain on clear liquids including Gatorade (no red), broth, fruit juices, vitamin water, jello (no red), soda, ice pops, coffee/tea, and lots of water. **It is important that you are well hydrated before starting the cleanse.**

Bowel Cleansing Instructions (evening before procedure):

- NuLyte/TriLyte/Golytely Prep: (requires prescription)
 - Fill Plastic Container with water and shake well.
 - At 4pm to 6pm, begin drinking mixture (one 8-ounce glass every 10 minutes, or **as tolerated**) until rectal discharge is without sediment. You may not need to drink the entire mixture; however be sure that the discharge is yellowy-clear and free of any solid matter. ****Note that he cleansing may take up to 6-8 hours to complete.**
 - While drinking the laxative mixture you may also drink other non-sugar containing clear liquids.
 - **The goal of this preparation is for the rectal discharge to be clear- you may stop drinking laxative once this occurs.**
 - Remember to stay home the evening of the cleansing.
 - Chewing Gum is acceptable, refreshing and may help to speed the process along.