

**GI DEPARTMENT AT MEDICAL OFFICES
OF MANHATTAN (MOM)**
ENDOSCOPY SUITE 201 EAST 65TH
STREET NY, NY 10065
Tel: 212-223-0996
Email: giteam@momnyc.com

Colonoscopy Prep Instructions

Medications should be taken as usual leading up to the evening prior to your colonoscopy. You can bring in your morning medications with you to take immediately after the procedure. We prefer you stop taking Aspirin, Motrin or Aleve 1-2 days prior to your procedure. Tylenol is fine to take if needed for pain. If you regularly take Aspirin or blood thinners and have any questions, please contact our GI nurse Avalon or your Primary Care Physician.

(COVID swab testing is required within **5** days of procedure).

The Day Before Your Procedure: You are allowed to have a light breakfast and lunch. (hard boiled eggs, toast, soup, half sandwich). After 1pm, you are on a clear liquid diet. Clear liquids includes: water, ginger ale, broth, apple juice, seltzer water, black coffee or tea (no milk or creamer), popsicles, Gatorade (no red or purple), or Jell-o. In addition to the clear liquid diet, you will also need to prepare for your colonoscopy using any of the preparation options. You usually will start bowel movements within 4 hours after the prep begins. Eventually, the stool should be clear, lemonade-like, NOT sludgy or brown.

After Midnight: Nothing to eat or drink. Including water!!

You are allowed to brush your teeth and rinse your mouth on the morning of the procedure. Please make an effort to be well cleaned. We understand the prep is the hardest part. However, the better you prepare, the easier it will be for us to see what's going on inside. Please arrive 15 minutes prior to your appointment. You can expect to be in our office for at least 2-3 hours from your check-in time. Bring a buddy to accompany you home. You will not be allowed to drive or operate heavy machinery for 8 hours after the procedure.

CLENPIQ	SUPREP	DULCOLAX-MAGNESIUM CITRATE
<p>Prescription Only</p> <p>Said to taste like cranberry.</p> <hr/> <p><u>Directions:</u> 1st dose 5PM/6PM Drink 5oz bottle provided followed by five 8oz cups of water (cup is provided in the package) (40oz total of water) within 5 hours and before the next dose.</p> <p>2nd dose 9PM/10PM Drink 5oz bottle provided followed by 40oz clear liquids.</p> <p>NO WATER AFTER MIDNIGHT!</p>	<p>Prescription Only</p> <p>Grape hint, sweet, salty taste.</p> <hr/> <p><u>Directions:</u> 1st dose 5PM/6PM Put 6oz bottle of SUPREP into a mixing container and add cold drinking water to the 16oz line of the container. Mix VERY thoroughly.</p> <p>After the 1st dose is taken, drink 32oz of water over the next hour.</p> <p>2nd dose 8PM/9PM Repeat steps from 1st dose, mixing SUPREP with cold drinking water up to the 16oz line and then drinking an additional 32oz of water.</p> <p>NO WATER AFTER MIDNIGHT!</p>	<p>Least expensive option, available over the counter and requires that you purchase 3 ingredients.</p> <hr/> <p><u>To Buy:</u> 1 Box of Dulcolax Laxative Tablets (MUST BE THE LAXATIVE PILLS!)- available over the counter.</p> <p>2 Bottles 10oz Magnesium Citrate bottles. (over the counter)</p> <p><u>Directions:</u> 1PM: Take 2 Dulcolax tablets at once. 4PM: Drink 1 bottle of Magnesium Citrate followed by four 8oz cups of water. 6PM: Drink 2nd bottle of Magnesium Citrate followed by four 8oz cups of water.</p> <p>NO WATER AFTER MIDNIGHT!</p>

Additional Info:

Medical Clearance:

All patients must have a GI consult within 30 days of any scheduled procedure. All patients require medical clearance in order to get anesthesia necessary for the procedure.

If your Primary Care Physician is located outside of our offices, please contact the GI staff to obtain the form needed to be filled out prior to procedure in addition to GI consult to have on file for you.

Insurance Clearance and Coverage Info:

Many insurance plans have in-network or out-of-network co-pays, deductibles and co insurance that may not be determined by the insurance company until the claim has been submitted. In-network doctors **CANNOT legally waive or discount** co-pays, deductibles or co-insurance.

Please bring a CREDIT CARD on the day of the procedure. This will be kept in our files to cover any out-of-pocket costs. If any costs are not covered, you will be notified by our billing department. (Diana 212-879-4700 ext6003)

Anesthesia Coverage:

Our anesthesiologists are Dr. Carlon and Dr. DiGiovanni. We will make any reasonable efforts to contact you before the procedure to discuss your expected out-of-pocket costs, if any. For anesthesia questions or anesthesia billing questions, you can reach Dr. Carlon directly via phone 646-644-0950, via email gccarlon@gmail.com or his assistant Diana at 212-879-4700 ext 6003.