

# Medical Offices of Manhattan

GI ENDOSCOPY SUITE  
201 EAST 65<sup>TH</sup> STREET  
NEW YORK, NY 10065

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## COLONOSCOPY PREPARATION INSTRUCTIONS

Appointment Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

DR. BRUCE YAFFE

Appointment Time: \_\_\_\_\_

DR. MEJDI AHMAD

DR. ROBERT MELTZER

Medications should be taken as usual leading up to the evening prior to your procedure. You may bring in your morning medications with you to take immediately after the procedure. We prefer you stop taking Motrin/Aleve/Ibuprofen (NSAIDS) 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.

### **The Day Before Your Procedure:**

- You are on a **clear liquid diet from the time you wake up**. Clear liquids include: water, ginger ale, broth (chicken, beef, vegetable), apple juice, lemonade, coconut water, black coffee or tea (no milk or creamer), popsicles, Gatorade, or Jello. **No red or purple colored items.**
- In addition to the clear liquid diet, you will also need to prepare for your colonoscopy using any of the preparation options as listed on page 2.
- Bowel movements will usually start within 4 hours after the prep begins. Eventually, the stool should become clear, lemonade-like, NOT sludgy or brown.
- **NOTHING TO EAT OR DRINK (INCLUDING WATER) AFTER MIDNIGHT!!!!**

### **The Day Of Your Procedure:**

- 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 time. You can expect to be in the office for at least 2 hours from the time you check in. Bring a companion to accompany you home. **You will not be allowed to drive or operate heavy machinery until the day after the procedure.**

### **COVID-19 Information:**

- Patients who have completed either the Pfizer/Moderna (2 shots) or Johnson & Johnson (1 shot) vaccine at least 2 weeks prior, do not require COVID-19 swab testing. A copy of the vaccine card is required.
- All other patients are required to have COVID-19 swab testing within 5 days of the procedure.



**Additional Information:**

All patients must a GI consult within 30 days of any scheduled procedure. This consult is required in order to get approval for anesthesia for the procedure.

**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 anesthesia billing department (Diana 718-974-9742).

**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) 244-0950, email [gccarlon@gmail.com](mailto:gccarlon@gmail.com), or his assistant Diana (718) 974-9742.