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New York, NY 10016

212-879-7777

Instructions for Colonoscopy/Endoscopy Procedures at Kips Bay Endoscopy Center

Patient Name: _____

Type of Procedure: _____

Date of Procedure: _____

Arrival Time: _____



Address: Kips Bay Endoscopy Center
535 Second Ave.(30th Street)
New York, NY 10016

Further information about Kips Bay Endoscopy Center may be found @www.kipsbayendo.com

Follow all instructions given in the attached preparation for procedure. Kips Bay Endoscopy requires that an escort, friend or companion arrives to take you home after the procedure. Your procedure will not be performed if you have not arranged for an escort. The Kips Bay Endoscopy Center operates independently from the doctor’s office. In order to facilitate proper insurance billing, you must bring your insurance card with you on the day of the procedure. PLEASE BE ON TIME FOR YOUR PROCEDURE. TO AVOID A \$75.00 CANCELLATION FEE, WE REQUIRE AT LEAST A 1-WEEK NOTICE FOR ALL CANCELLATIONS.

PREPARATION FOR YOU COLONOSCOPY

Please call your insurance company to determine your financial responsibility for outpatient procedures. Please be advised that your coverage may change if a biopsy is performed during the procedure.

If you are currently taking a blood thinner such as Coumadin, Pradaxa or Plavix please contact our office at 212-879-7777 Ext. 117 to discuss. Unless otherwise directed by your physician, please avoid taking any non-steroidal, anti-inflammatory medications such as aspirin, Advil or Aleve for 5 days prior to your appointment. You may continue to take low dose (baby) aspirin.

Items to purchase:

Four (4) Ducolax tablets (laxatives)

One (1) 238 gram bottle of Miralax

64 oz. of Gatorade/Powerade (not red)

On the day before your procedure:

***Option #1:**

- 1. Maintain a low fiber diet (no vegetables, salads or grains) the **entire day before the procedure**.** Your last meal should end by 5:00 pm.
- 2. At 5:00 pm take 4 Ducolax tablets with a glass of water.**
- 3. At 7:00 pm mix ½ of the Miralax powder into 32 oz. of Gatorade.** Shake the solution until the Miralax is completely dissolved. Drink an 8 oz. glass every 10-15 minutes until the solution is finished.
- 4. Six hours before your appointment time, mix the remaining Miralax into the remaining 32 oz. of Gatorade.** Shake the solution until the Miralax is completely dissolved. Drink an 8 oz. glass every 10-15 minutes until the solution is finished.
- 5. Do not have any food or liquids from this point on.**

*This is the method currently recommended by the American Society of Gastroenterologists. It provides a cleaner field to perform a more thorough Colonoscopy. It has also resulted in less gastrointestinal stress for the patient.

Day of the Procedure:

You may take your blood pressure medicine with a minimal amount water, however, **DO NOT** take **Ace Inhibitors** (i.e. Prinivil, Altace, Accupril, Vasotec) or **diuretics** (i.e. Lasix, HCTZ, Dyazide).

Option #2:

1. You may have a light breakfast up to 10am the day before the procedure.
2. After 10 am maintain a clear liquid diet. Clear liquids include water, clear fruit juices (apple, white grape, or white cranberry), soda, clear broth, Jello, coffee or tea (no milk or cream). You may use sugar, honey or lemon. **NOTHING RED OR ORANGE IN COLOR.**
3. At 3:00 pm take 4 Ducolax tablets with a glass of water.
4. At 5:00 pm mix the 238 gram bottle of Miralax in 64 oz. of Gatorade. Shake the solution until the Miralax is completely dissolved. Drink an 8 oz. glass every 10-15 minutes until the solution is finished.
5. Continue drinking clear liquids until bedtime. Do not have any liquids after midnight.

Day of the Procedure:

You may take your blood pressure medicine with a minimal amount water, however, **DO NOT** take **Ace Inhibitors** (i.e. Prinivil, Altace, Accupril, Vasotec) or **diuretics** (i.e. Lasix, HCTZ, Dyazide).

****PLEASE BE ON TIME FOR YOUR PROCEDURE****