

## Procedure Locations:

□ **David H Koch Building  
Endoscopy Center**  
1283 York Avenue, 8<sup>th</sup> Floor  
New York, NY 10065

**Hospital**  
**Endoscopy Suite**  
170 William Street,  
2<sup>nd</sup> Floor  
New York, NY 10028

### **CANCELLATION**

*Scheduling procedures requires careful planning between the staff, doctors, and hospital. To help avoid delays, it is important that you follow the schedule. If you must reschedule or cancel, please call us at least 3 days prior to the procedure at 646-962-4000 or email us at [endoscopyquestions@med.cornell.edu](mailto:endoscopyquestions@med.cornell.edu). Thank you for your help and consideration.*

Food and liquids can stay in your body for a long time. If food is in your colon during your colonoscopy, the food can get in the way of seeing any problems that may exist, like tumors.

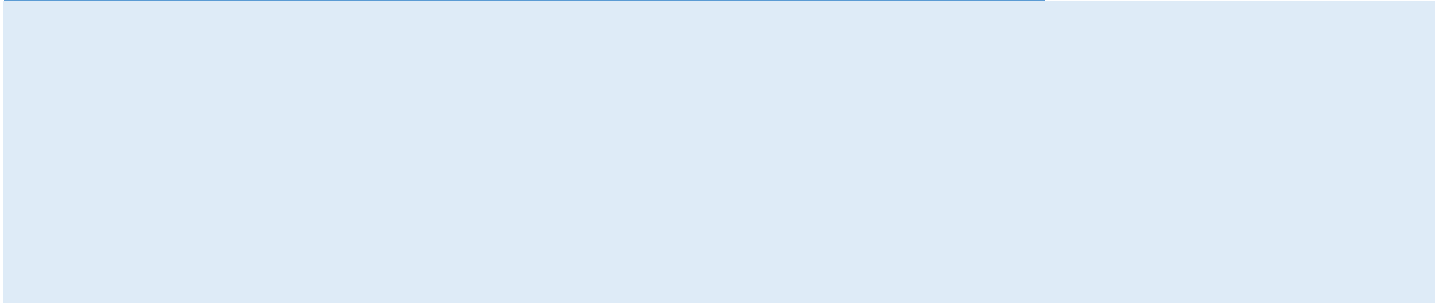
***The doctor will get the best pictures of your colon when it is completely empty.***

Following these instructions will help ensure that your colon is empty when you come for your procedure.

If your colon is not completely empty, the doctor will not be able to complete the exam. You will need to reschedule the exam and go through the preparation steps again.

- If





## Seven Days Before Your Exam

*When to start your bowel preparation depends on the start time of your colonoscopy, please follow the instructions below:*

**One Day before exam at 2 PM:**

1. Take 2 Dulcolax (or generic brand bisacodyl) pills with an 8oz glass of water

**One Day before exam at 5 PM:**

1. Take 2 Dulcolax (or generic brand bisacodyl) pills with an 8oz glass of water
2. Mix 1 bottle (238 g) of Miralax and 2 bottles of Gatorade (32 ounces each) in a big pitcher
3. Drink 8oz of the Gatorade/ Miralax mixture every 15 minutes until you finish HALF ( $\frac{1}{2}$ ) of the mixture – Refrigerate the remainder.

- This will cause you to have loose stools. Loose stool may not start until after you finish the next step of the prep.

- Continue drinking even if you have diarrhea. You may have nausea -if you do - take a 60 minute break and then resume drinking to be sure your colon is clean.

**5 hours before your exam:**

1. Take one 250 mg or two 125 mg Gas-X (or generic brand simethicone) pill(s)
2. Drink 8ounces of the second half of

**FOR ALL PROCEDURES:**

**3 hours Before Your Exam:**

**STOP all prep. Do not drink or eat anything, including water, until your colonoscopy. This includes mints or candies.**

Note: If you drink or eat anything your procedure will be cancelled

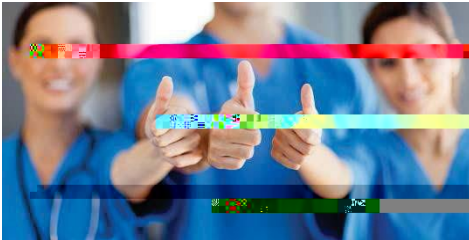
**You may take your regular medications,** unless instructed otherwise by a doctor, with a small sip of water.

Upon arrival, there will be multiple forms for you to sign and hospital staff will ask you to state and spell your name and date of birth several times.

After changing into a hospital gown, an intravenous (IV) catheter will be placed. An anesthesiologist will review your medical history. Your doctor will explain the procedure in more detail including any risks and answer any questions you have.

You will be brought into the procedure room and equipment to monitor your heart, breathing, and blood pressure will be attached. You will receive oxygen through your nose. You will be administered anesthesia through your IV, which will make you fall asleep. A scope will be used to move through the entire length of your colon. If polyps are identified, they will be removed, and other abnormalities will be biopsied. The procedure should be comfortable and painless.

**IMPORTANT!** Due to hospital policy, you must have someone who is 18 years or older pick you up and escort you home after



#### **AFTER YOUR PROCEDURE: In the recovery room**

You will wake up in the recovery room. Some people may feel bloated or have stomach cramps after a colonoscopy. This is normal and goes away by passing gas. Once you are fully awake, your nurse will remove your IV. Your doctor will then discuss your procedure results. Your nurse will explain your discharge instructions before you go home.

#### **AT HOME:**

If you had a biopsy, you may notice a few drops of blood coming from your rectum. This is normal after a biopsy. Please refrain from drinking alcoholic beverages for 24 hours after your procedure. Avoid carbonated beverages, raw fruits, and salads at your post-procedure meal. You may resume your normal diet and activities the next day.