

## Procedure Locations:

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

□ New York Presbyterian Hospital  
Central Endoscopy Suite  
525 East 68<sup>th</sup> Street, 2<sup>nd</sup> Floor  
Greenberg Pavilion  
New York, NY 10065

□ Lower Manhattan 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.

**IMPORTANT PLEASE READ DIRECTIONS CAREFULLY  
AT LEAST 10 DAYS BEFORE YOUR PROCEDURE!**

PS

## PURCHASING THE PREP

Before your colonoscopy, you will need to pick up & purchase the following prep items.

1. DULCOLAX Over-the-counter laxative

## WHERE TO GET YOUR Golytely

### What to buy at the Pharmacy

1 Golytely (polyethylene glycol)  
You can pick this up at your pharmacy.  
Your doctor will prescribe this.



1 box Dulcolax or  
generic bisacodyl pills



1 box of Gas-X or  
generic simethicone pills (125 mg or 250 mg)



# Colonoscopy Preparations Instructions

## Seven Days Before Your Exam

Go to the pharmacy to pick up your bowel preparation. Arrange for an adult to take you home after your scheduled procedure. You cannot attend the appointment unless there is an adult to take you home after the procedure

## Five Days Before Your Exam

Stop oral iron supplements. You can resume after your procedure.

Start a low fiber diet

Do NOT eat:

raw or dried vegetables or fruit, green leafy vegetables, salads, plantains, corn, popcorn, nuts, seeds and whole grain breads, oatmeal, cereals, granola

You can eat:

chicken, fish, beef, pork, tofu, eggs, white rice, white bread, white pastas or noodles, cooked potatoes and carrots without skin, bananas, avocado, vanilla ice cream, popsicles, yogurt and cheese.

These foods are hard to digest, do not easily clear out of your colon and will make it difficult for your doctor to get a clear picture of your colon during the colonoscopy

## The Day Before Your Exam

No solid food for the entire day

You can only have clear liquids such as Jell-O, popsicles, broth, tea, black coffee and juice.

You cannot eat solid food until AFTER your exam



Start Hydrating

### ACCEPTABLE CLEAR LIQUIDS FOR HYD

Water	Ginger ale and other Sodas
Black coffee or tea	Clear juices such as apple or white grape juice
Clear broth or bouillon	Plain Jell-O
Sports drink	Frozen juice popsicle

LIQUIDS MUST NOT BE RED OR PURPLE. DO NOT CONSUME ANY ALCOHOL, JUICE CREAM, SOY OR NON

You can buy these as needed from the Grocery Store

1 box Chicken Bouillon broth

(No noodles or solids in the broth)



1 bottle Ginger Ale or Clear Juice (no pulp) (Any brand)



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

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.

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**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-