



**Weill Cornell  
Medicine**

**COLONOSCOPY: How to Prepare Before Your Procedure**

**Physician Name :** \_\_\_\_\_

**Procedure Date :** \_\_\_\_\_

*Your procedure will take place at:*

**New York-Presbyterian Hospital**

**New York-Presbyterian: Lower Manhattan Hospital**

**David H Koch Building**  
1283 York Avenue  
8<sup>th</sup> Floor

**2 Central Endoscopy Suite**  
525 East 68<sup>th</sup> Street  
2<sup>nd</sup> Floor, Greenberg Pavilion

**Endoscopy Suite**  
170 Williams Street  
2<sup>nd</sup> Floor

**WHAT TO EXPECT**

Two days before your procedure, you will receive a call to confirm your arrival time. Staff members will ask you to state and spell your name and date of birth many times. There will be multiple forms for you to sign.

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 then sign the consent form.

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 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 18 years or older pick you up and escort you home after your procedure. **If you are not able to secure an escort, your procedure will be canceled.**

We estimate you should be ready to be picked up approximately 1.5-2 hours from your scheduled procedure time.

If you don't have anyone to escort you home, you can contact service agencies that will accompany you (at cost). An option is Partners in Care (212-609-7700 option 2)



**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.

**CALL YOUR DOCTORS OFFICE IF YOU HAVE:**

- A temperature of 101° F (38.3° C) or higher
- Severe stomach pain or increasing size and firmness of your abdomen
- Heavy bleeding from your rectum
- Severe weakness or fainting
- 

**If you have any questions about your medications or this prep, please call 646-962-4463**



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

**ARE YOU TAKING ANTI-PLATELET MEDICATIONS or BLOOD THINNERS?**

Depending on your clinical situation, you may be advised to stop these medications for 1-10 days before your procedure. Please discuss these medications with your gastroenterologist.

*Commonly prescribed medications:*

|                       |                       |
|-----------------------|-----------------------|
| warfarin (Coumadin®)  | apixaban (Eliquis®)   |
| dalteparin (Fragmin®) | rivaroxaban(Xarelto®) |
| tinzaparin (Innohep®) | prasugrel(Effient®)   |
| enoxaparin (Lovenox®) | ticagrelor(Brilinta®) |
| clopidogrel(Plavix®)  | edoxaban (Savaysa®)   |
| cilostazol (Pletal®)  | Heparin               |
| dabigatran(Pradaxa®)  |                       |

***DO NOT STOP YOUR ASPIRIN UNLESS INSTRUCTED TO DO SO BY YOUR DOCTOR***

**DO YOU HAVE A CARDIAC DEFIBRILLATOR (AICD) or HEART ISSUES?**

A clearance letter from your cardiologist is required at least 1 week before the procedure. ♦

Heart issues include chest pain, difficulty breathing, or fainting episodes.

**DO YOU HAVE DIABETES?**

If you are taking insulin or oral hypoglycemic pills, you should check with your doctor for instructions on managing your medications the day before and morning of the procedure.

**DO YOU HAVE HIGH BLOOD PRESSURE?**

Blood pressure medication, with the exception of diuretics (water pills), should be taken as usual on the day of the exam with a sip of water. Diuretics should be held the morning of the procedure.

**ARE YOU TAKING DAILY PAIN MEDICATIONS?**

NSAIDS (Nonsteroidal Anti-inflammatory Drugs), such as ibuprofen and naproxen, should not be taken 5 days before your procedure. Please use acetaminophen (Tylenol). Inform your gastroenterologist if you are taking narcotics.

**PLEASE REMEMBER**

Due to hospital policy, you must have someone 18 years or older pick you up and escort you home after your procedure. If you are not able to secure an escort, your procedure will be canceled. If you don't have anyone to escort you home, you can contact service agencies that will accompany you (at cost). An option is Partners in Care (212-609-7700 option 2).

***If you have any questions about your medications or this prep, please call 646-962-4463***

**Please pick up the SUPREP Prescription at least 2 days prior to your examination date**

**The day before your procedure:**

1. You are to be on a clear liquid diet for the entire day beginning in the morning. DO NOT eat any solid foods, dairy products included. **CONSUME CLEAR LIQUIDS ONLY!** (I.e., Apple juice, white grape juice, any carbonated soda, clear broth, bouillon, Jell-O, water, coffee and tea WITHOUT milk, Gatorade, etc.). This is for the entire day (24 hours) before your exam. Please abstain from anything that is red and/or purple colored (i.e., fruit punch, cherry, strawberry, or grape-flavored drinks or Jell-O).
2. **At 5:00 PM** take the first dose of SUPREP
  - **Step 1:** Pour first 6 oz. bottle of SUPREP liquid into the mixing container.
  - **Step 2:** Add cool drinking water up to the 16oz line on the container and stir to mix.
  - **Step 3:** Drink all of the liquid (16oz) in the container.
  - **Step 4:** Using the same container. You **MUST** refill and drink **TWO** more 16oz. containers of water or clear liquid of your choice over the next hour.

**You preparation continues on the day of your procedure :**

**Six hours prior to your scheduled procedure time (this may be in the middle of the night if you have an early morning procedure) take the second dose of SUPREP.**

- **Step 1:** Pour second 6 oz. bottle of SUPREP liquid into the mixing container.
- **Step 2:** Add cool drinking water up to the 16oz line on the container and stir to mix.
- **Step 3:** Drink all of the liquid (16oz) in the container.
- **Step 4:** Using the same container. You **MUST** refill and drink **TWO** more 16oz. containers of water or clear liquid of your choice over the next hour.

**You must stop drinking all liquids 2 hours prior to your procedure.**