

DR. YAFFE'S COLONOSCOPY PREP 2017

Read this at least 7 days before the procedure. Go to our Website: www.yafferuden.com, hit the "ENDOSCOPY" button and you will be guided through the "INFORMED CONSENT" and other additional information which may be of value.

ENDOSCOPY: Office 212-879-4700 #6285 (available between 8AM-12 noon)
DR. CARLON (Anesthesiologist, was director ICU at Memorial): 646-244-0950, or Office: 8-12noon 212-879-4700 #6003 (assistant Diana).

MEDICAL CLEARANCE: All patients need medical clearance in order to get anesthesia necessary for the procedure.

- If you are 70 and over, you must be seen by an M.D or P.A. to get cleared for anesthesia within 30 days of the procedure.
- If you are between 65 and 70 years old or have any significant medical issue, you must get cleared to have anesthesia within 90 days of the procedure.
- Patients under 65 with no medical issues must have been seen within 6 months of the procedure to be cleared for anesthesia.
- You may obtain medical clearance in our office with a short appointment 3-4 days before the procedure.

INSURANCE CLEARANCE AND COVERAGE INFORMATION:

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.

Bring a **CREDIT CARD** on the day of the procedure. We will keep it encrypted securely in our files to cover any out-of-pocket costs. If any costs aren't covered, you will be notified by our billing department. (Mary Monong, Billing Manager at Yaffe/Ruden: 212-879-4700 ext. #6234.

ANESTHESIA COVERAGE:

Dr. Graziano Carlon, our anesthesiologist is an independent consultant to Yaffe/Ruden, and is in most, but not all, insurance plans. In some cases, this may work to one's benefit, as he may be able to reduce the deductible and co-pay. Anesthesia care may not be covered at all by some insurance companies even if the endoscopy or colonoscopy is. Dr. Carlon and his staff will make any reasonable effort to contact you before the procedure to discuss your expected out-of-pocket costs, if any. **He cannot control in-network co-pays and deductibles, but he guarantees all out-of-network charges to be no more than \$350 maximum.** Please see detailed anesthesia and insurance company 'cheat sheet' below. For anesthesia questions or anesthesia billing questions, you can reach Dr. Carlon directly at 646-244-0950 or gccarlon@gmail.com or Diana at 212-879-4700 #6003 (8-12noon).

1) **SUPREP** prescription- most effective, cheaper prescription. (You may find coupons at www.suprep.com.) Not so tasty.

A. Around 6PM put 6-ounce bottle of SUPREP into mixing container and add cold drinking water to the 16-oz line on the container. Mix VERY thoroughly.

B. Then drink 32 ounces of water over the next hour.

C. Repeat at 9PM with 6 more ounces SUPREP in 16 ounces of water, and then 32 more ounces of water. Drink all fluids by midnight. NO more WATER or anything after 12AM!

2) **PREPOPIK** prescription: Slightly tastier than Suprep and, depending on insurance, sometimes more expensive and not quite as effective. Be well hydrated! 1st Dose around 4 PM: One packet PREPOPIK powder mixed with 5 oz. cold water only. Mix VERY, VERY WELL and stir for 3 minutes, followed by 40 oz. of any clear fluids of your choice. 2nd Dose between 8-9 PM: one packet PREPOPIK powder, again mixed with 5 oz. cold water only, followed by 40 oz. clear fluids and mix VERY thoroughly for 3 minutes. NO MORE WATER AFTER MIDNIGHT! You may be able to get savings coupons: www.prepopik.com

3) **DULCOLAX-MIRALAX PREP** (least expensive): over-the-counter and requires that you purchase 3 ingredients: a) 4 **Dulcolax Laxative tablets-MUST BE THE LAXATIVE PILLS!** (over-the-counter) b) **MIRALAX POWDER 238 gm.** container (over-the-counter) c) **64-oz bottle of Gatorade.** (**DIABETICS** should use diet soda.)

Mix the entire 238 gm. bottle of Miralax with 2 quarts of Gatorade in a large pitcher. Stir, chill, add ice and let it breathe for at least a few minutes in order to fully appreciate the flavor!

Around 2 PM, **the day BEFORE the procedure**, take ALL 4 Dulcolax tablets at once. Usually takes between 4-6 hours before the action begins. If you are a frequent laxative user, start with DOUBLE USUAL effective, Dulcolax dose.

1 hour **AFTER** the Dulcolax, start drinking your chilled Miralax cocktail. (We entertain creative names for this cocktail, so please feel free to jot down your thoughts during your private moments).

You should pace yourself to drink about 8 8-oz glasses (64 oz all told over a 2-4 hour period. This is roughly 1 glass every 15-30 minutes until finished.

4) **COLONIC PREP:** On occasion, we have had patients who REALLY DON'T WANT TO TAKE ANY PREP. For them, we have had a decent experience 75% of the time sending them for a COLONIC, 90 minutes BEFORE the COLONOSCOPY. If choosing this option, the following instructions apply:

- Very light lunch the day before. (See above for examples)
- 6 Dulcolax laxative tablets the evening before procedure
- Schedule Colonic for 9AM to 9:30AM and Colonoscopy for 11AM.

Schedule with Nancy Tran: 212-832-6800 @ Provence Wellness, 150 E. 55th St. (\$150) or schedule with Marsha: 212-988-7816 @ LaBrequé Spa,

171 E.65th St & 3rd Ave, 50 yards from the office (\$200). If you tend to be constipated, take a double dose of milk of magnesia for 5 days before. This is VERY IMPORTANT! A colonic rarely works in constipated patients!

1 WEEK PRIOR TO PROCEDURE:

- 1) If you tend to be constipated, take 2-3 tablespoons of milk of magnesia for the 4 nights before the prep starts.
- 2) If you have an artificial valve, or a very significant heart murmur, or are on anticoagulants, please discuss with your primary doctor! Or you can call Dr. Yaffe at 212-879-4700. We usually let you remain on anticoagulants and aspirin unless we know we have to remove a large polyp.
- 3) If you take an anticoagulant or, if you have taken aspirin, in most cases it will usually not make a difference. Tylenol, Aleve and Advil are OK.
- 4) Please take all your normal meds up to the night before the procedure. (Bring your AM meds with you to the office when you come in for the procedure and you can take them immediately after.)
- 5) If you may be pregnant or are breastfeeding, please call and speak to Dr. Carlon directly at 646-244-0950.

UP TO 3 DAYS BEFORE PROCEDURE:

- 1) Try to minimize foods such as popcorn, corn or foods containing little seeds (poppy, sesame, quinoa). Harder to get the colon clean!
- 2) OK to eat dairy products, meats, poultry, fish, pasta, rice, bread, eggs, mashed potatoes and cooked veggies.
- 3) Eat a light low fiber lunch the day before the procedure like soup and a white bread sandwich.

Starting 2PM THE DAY BEFORE PROCEDURE:

- 1) No more solid food! You may have clear fluids only including water, vodka, chicken broth, apple juice, ginger ale, seltzer, black coffee, popsicles, Gatorade or Jello. (No red or cherry flavor).
- 2) Until midnight, you may also have liquid Vanilla Sustacal or Ensure (over-the-counter)
- 3) **NOTHING AFTER MIDNIGHT INCLUDING WATER. NOTHING!!**
- 4) Make a good effort to be well cleaned!! The prep is the hard part. I can't see through a clouded lens!

ONCE PREP BEGINS: Your relationship with the porcelain throne begins 2- (sometimes) 6 hours after the prep begins! Eventually, **the stool should be CLEAR, LEMONADE-like, NOT sludgy or brown.** If you have questions about success, call 212-879-4700 ext. #6244 at 8AM when the phones get turned on. We can further assist you if you feel you are not 100% cleaned out by the morning of your procedure.

Kathy or Crystal are happy to answer prep queries preferably, 8am-2pm.

6 PREP OPTIONS: (PREPS TASTE BETTER IF COLD & AND IF FLAVORED WITH SUGAR-FREE ICED TEA):

5) **HALF-LYTELY PREP** is another prescription mixture consisting of 64 oz. liquid. Not so tasty.

6) **OSMOPREP** is a 32 pill prescription prep mixed with 2 quarts of water which occasionally can cause complete kidney failure so we are reluctant to use it.

DAY OF PROCEDURE:

I will attempt to look inside your entire five feet of colon. The procedure takes 15 to 20 minutes. You will be sleeping comfortably under the influence of IV Propofol and Versed administered by a Board Certified anesthesiologist, usually Dr. Graziano Carlon, who ran the Sloan Kettering ICU for many years.

If you have a 7:15AM appointment, arrive at 6:50AM; if 7:45AM appointment, come at 7:15AM. Otherwise, arrive at the scheduled time and expect a 30-minute pre-procedure check-in and usually, a Fleet enema.

During the procedure you will not feel a thing! It is a very relaxing sleep from which you awaken quickly! (George Bush had this anesthesia and Cheney was President for 5 minutes!) You will be able to leave within 30 minutes after the procedure, and you will be able to eat and go to work within an hour. You need to be discharged to your mode of transportation accompanied by a responsible adult which includes a non-self-driving cab or Uber if it is inconvenient for someone to accompany you. (You will not be allowed to drive OR OPERATE HEAVY MACHINERY for 4 hours after the procedure.)

WHAT TO EXPECT AFTER THE PROCEDURE:

- You can expect to leave the office about 2 hours from the time you arrive. Most patients will want to eat breakfast and you will be capable of being at work within an hour of leaving the office.
- **NO DRIVING A CAR OR OPERATING HEAVY MACHINERY (AIRPLANES, BACKHOES, CHAINSAWS ETC.)** for 4 hours after anesthesia. It is a good idea to bring an **EXTRA PAIR** of underwear.
- We often do routine rectal biopsies to establish baseline information. Results are almost always normal and will show up in your patient portal. You may see some mild bleeding after the procedure.
- You may not have any significant BMs for 2-3 days after the procedure.
- Since you have cleaned out your colon, you may want to take probiotics for a month after the procedure. We have Ultraflora Balance at the checkout counter.

AND FINALLY.....

-Menstrual periods, viral syndromes or urinary infections do not interfere.

-PLEASE REMEMBER to bring **INSURANCE** and **REFERRAL FORMS**.

-Again, CALL 212-879-4700 ext # 6285 between 8AM and 1PM if you have questions!! **AND REMEMBER, NO FLUIDS, INCLUDING WATER, AFTER 12 MIDNIGHT OR ON DAY OF PROCEDURE. HOWEVER, YOU ARE ALLOWED TO BRUSH YOUR TEETH and RINSE YOUR MOUTH WITH WATER on the morning of your appointment. But, NO SWALLOWING LIQUIDS- NOTHING, NADA, NIENTE.NICHTS, NYET, MI:ISHI:NME. KUCH NAH!!!**