

## DR. YAFFE'S COLONOSCOPY PREP 2018

**Read this at least 7 days before the procedure.** Go to our website [www.yafferuden.com](http://www.yafferuden.com)  
Click the icon in the upper right hand corner to open options. Select Colonoscopy + Endoscopy where you will find "INFORMED CONSENT" and other additional information which may be of value.

**ENDOSCOPY:** Office 212-879-4700 #6285 (available between 8AM – 12PM)

**DR. CARLON:** 646- 244- 0950 (Anesthesiologist, former Director of ICU at Memorial)

**DIANA:** Office 212-879-4700 #6003 (assistant to Dr. Carlon available 8AM – 12PM)

**MEDICAL CLEARANCE:** All patients require 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 – 70 years old or have any significant medical issue, you must get cleared to have anesthesia within 30 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 prior to 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 #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 Colon 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 \$400 maximum.** For anesthesia questions or anesthesia billing questions, you can reach Dr. Carlon directly via **phone** 646-644-0950, via **e-mail** [gccarlon@gmail.com](mailto:gccarlon@gmail.com) or his assistant Diana at 212-879-4700 #6003 (8AM – 12PM).

### **1 WEEK PRIOR TO PROCEDURE:**

- If you tend to be **constipated**, take 2 – 3 tablespoons of milk of magnesia for 4 nights straight, prior to procedure.

- If you have an artificial valve, a very significant heart murmur, or are on anticoagulants, please discuss this with your primary doctor! You may also 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.
- 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.
- 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 into the office and you can take them immediately after)
- 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 THE PROCEDURE:**

- Try to minimize foods such as popcorn, corn or foods containing little seeds (e.g. / i.e. poppy, sesame, quinoa). Harder to get the Colon clean!
- OK to eat dairy products, meat, poultry, fish, pasta, rice, bread, eggs, mashed potatoes and cooked veggies.

#### **THE DAY BEFORE THE PROCEDURE**

- Have a light lunch – Soup & Sandwich is OK. NO Salad.
- **NO more solid food after 2:00PM.**
- After 2:00PM you may only have clear liquids including water, vodka, chicken broth, apple juice, ginger ale, seltzer, black coffee, popsicles, Gatorade or Jello (No red or cherry flavor)
- Until midnight, you may also have liquid Vanilla Sustacal or Ensure (over-the-counter)
- **NOTHING AFTER MIDNIGHT INCLUDING WATER. NOTHING!!**
- Make an 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 #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.

Crystal or Lis are happy to answer prep queries preferably, 8AM – 2PM via phone and any time via e-mail: [yradomenech@yafferuden.com](mailto:yradomenech@yafferuden.com) (Crystal's e-mail)

#### **PREPARATION OPTIONS TO CHOSE FROM: (MIX PREP WITH SUGAR-FREE ICED TEA AND CHILL FOR BETTER TASTE)**

- **SUPREP** Prescription – most effective, cheaper prescription (coupons at [www.suprep.com](http://www.suprep.com)) Not so tasty.
  1. **DO NOT FOLLOW INSTRUCTIONS ON BOX** which say to take SUPREP at 8:00PM and 4:00AM
  2. Take 1<sup>st</sup> dose at 5PM/6PM (put 6oz bottle of SUPREP into mixing container and add cold drinking water to the 16oz line of the container. Mix VERY thoroughly).
  3. After 1<sup>st</sup> dose is taken, drink 32oz of water over the next hour.
  4. Take 2<sup>nd</sup> dose at 8pm/9PM (repeat steps from the 1<sup>st</sup> dose, mixing SUPREP with cold drinking up to the 16oz line and then drinking an additional 32oz of water. Drink all fluids by **MIDNIGHT.** NO more WATER or anything after 12AM)

- **PREPOPIK** Prescription – Slightly tastier than SUPREP and depending on insurance, sometimes more expensive and not quite as effective. Be well hydrated! (coupons at [www.prepopik.com](http://www.prepopik.com))
  1. 1<sup>st</sup> dose around 4PM (one packet PREPOPIK powder mixed with 5oz cold water ONLY. Mix VERY, VERY WELL and stir for 3 minutes, followed by 40oz of any clear fluid of your choice).
  2. 2<sup>nd</sup> dose between 8PM/9PM (one packet PREPOPIK powder mixed again with 5oz cold water only. Mixing very well for 3 minutes, followed by 40oz clear liquids).
  3. **NO MORE WATER AFTER MIDNIGHT!**
- **DULCOLAX-MIRALAX PREP** (least expensive, over the counter and requires that you purchase 3 ingredients: 4 Dulcolax Laxitive Tablets {MUST BE THE LAXITIVE PILLS! – over the counter}
  - MIRALAX POWDER 238gm. and Container {over the counter}
  - 64oz bottle of Gatorade {**DIABETICS** should use diet soda}
  1. Mix the entire 238gm. 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 truly appreciate the flavor! (set aside and see number 2 of instructions)
  2. Around 2PM, **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 effective, Dulcolax dose}
  3. 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 EIGHT 8oz glasses (64oz over a 2 – 4 hour, period. This is roughly 1 glass every 15 – 30 mins until finished)
- **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:
  1. Very light lunch the day before. (See above for examples)
  2. 6 Dulcolax tablets the evening before the procedure.
  3. Schedule Colonic for 9AM to 9:30AM and Colonoscopy for 11AM. You may schedule with:
    - Nancy Tran: 212-832-6800 @ Provence Wellness – 150 E 55<sup>th</sup> Street (\$150)
    - Marsha: 212-988-7816 @ LaBreque Spa – 171 E 65<sup>th</sup> Street (50 yards from office) (\$200)

**IF YOU TEND TO BE CONSTIPATED** take double dose of milk of magnesia 5 days **BEFORE**. This is **VERY IMPORTANT!** A colonic rarely works in constipated patients!
- **HALF-LYTELY PREP** (Another prescription mixture consisting of 64oz liquid. Not so tasty)
- **OSMOPREP** (32 pill prescription 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 6:55AM; if 7:45AM appointment, come at 7:15AM. Otherwise, arrive at 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! (George Bush had this anesthesia and Cheney was the 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 portable. You may see some mild bleeding after the procedure.
- You may not have any significant bowel movements 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 #6285 between 8AM and 1PM if you have questions or e-mail Crystal [yradomenech@yafferuden.com](mailto:yradomenech@yafferuden.com)
- **REMEMBER, NO FLUIDS, INCLUDING WATER, AFTER 12 MIDNIGHT OR ON THE 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 NAHI!!!**