

**DANIEL J. ADLER, M.D., P.C.**  
*Gastroenterology & Gastrointestinal Endoscopy*  
110 East 59<sup>th</sup> Street, Suite 9D  
New York, NY, 10022  
212-826-3903

Introduction:

Colonoscopy is a simple and effective procedure for examination of the colon. It uses the latest in video optic technology to allow complete inspection of the inner lining of the colon and biopsies or polyp removal as may be needed. The examination usually takes under twenty minutes to complete. Before the examination, you will be given a sedative medication through an intravenous injection. This is provided by Progressive Anesthesia of NY, LLC. This group of anesthesiologists is specialists in the latest techniques of office based gastrointestinal endoscopy, and work with me on a daily basis. You will be relaxed, comfortable and pain-free through the entire procedure.

The preparation done the day before is designed to clean all of the solid material out of the colon. A good complete preparation allows for a fast, safe and complete examination. Please follow the instructions carefully, and call if you are unclear about what to do.

Concurrent Medical problems and Medications:

**BLOOD THINNERS:** If you routinely take the blood thinners Coumadin, Warfarin, or Lovinox, these usually need to be discontinued some days before the examination. Please call and discuss this directly with Dr. Adler.

**ARTIFICIAL HEART VALVE:** If you have had a heart valve replacement, prosthetic valve or valvular surgery you will need to take antibiotic prophylaxis. You must take the same antibiotic pills before colonoscopy that you would for the dentist. Additional antibiotics may also be given in the office during the procedure. If you do not have your usual antibiotics you may call the office and we will prescribe them for you.

**DIABETES:** If you are diabetic but use only pills to control your blood sugar, do not take your pills on the morning of the colonoscopy as you will be on an empty stomach. Bring your medications with you and you will take them when you eat your first meal after the examination. If you use insulin injections to control your blood sugar, please call and discuss specific instructions directly with Dr. Adler.

**ASPIRIN AND PLAVIX:** If you use aspirin and Plavix for your heart, you should stop these medications five days prior to your examination.

The Preparation:

There are many ways to prepare for colonoscopy. **Please call the office to determine your individual preparation needs.**

## **#1 Magnesium Citrate**

You will need to purchase three items. All drug stores and most neighborhood convenience stores should have them.

Two bottles of magnesium citrate, also called "Citroma", the sparkling laxative. It is usually a green bottle with a soda-type cap. Also purchase one Fleets disposable enema in a green and white box.

The preparation really begins in the evening the night before the colonoscopy. Breakfast, lunch and all activities are normal the day before the examination. Dinner however must be clear or soft liquids only including water, juices - orange, apple, cranberry, and pineapple. Gatorade, all sodas, coffee or tea with no milk, clear soup broth, Jell-O, apple sauce, ices and sherbet are fine.

After the clear liquid dinner, drink one bottle of the magnesium citrate, and one hour later drink the second bottle. You may continue to drink the clear liquids until midnight before the examination. **After midnight you may not eat or drink anything so you come into the office on a completely empty stomach.**

Use the Fleets enema as directed before leaving home on the morning of the examination.

## **#2 Half-Lightly**

This is a large volume gentle laxative solution that washes the colon clean the evening before the examination. This is a prescription item that you will obtain from your pharmacy. Complete directions come with the solution. You should pick it up and read the instructions a day or two before the preparation is to start and call if you have any questions.

After the Examination:

You will be required to rest for some time after the examination. The sedative medication will wear off quickly but you cannot drive a car, ride a bicycle, motorcycle, exercise, play sports or do anything strenuous after the procedure. You may eat regular food, resume all medications and proceed to work.