

COLONOSCOPY

Appointment date/time: _____

Please arrive at: _____

Dr. Nancy Lau
115 Broadway, 18th Floor, Suite 1800
New York, NY 10006
Office: (212) 388-1062

Directions to the office: Take the A, C, 4, 5 train to Fulton Street station.

An escort is recommended to bring you home. Escort can arrive 2 hours after the appointment time.

2 DAYS BEFORE THE PROCEDURE: **BEFORE BEDTIME TAKE 2 TABLETS OF BISACOYDL 5MG**

DAY BEFORE THE PROCEDURE: **Start clear liquid diet 24 hours before your procedure.**

CLEAR LIQUID DIET: water, juice (apple, white grape, white cranberry), coffee/tea non-dairy creamer (International Delight, powder milk), can add sugar, jello (not red or purple), clear soup (broths, no rice, chicken, or noodles), plain yogurt with honey, or vanilla yogurt, vanilla pudding. You can have Slim Fast, Ensure or Boost. Clear soda, such as Sprite, 7Up, and Ginger ale are permitted. You can have iced tea, Gatorade (not red), and sorbet.
NO SOLID FOOD, LIQUID MILK, FRUIT, SEED, RICE, SALAD.

DAY BEFORE THE PROCEDURE: **Take the GALLON NULYTELY BOWEL PREP starting at:**

- 4:00 pm – Start to drink a small 8-oz cup every 10 minutes, until you complete the solution. You can expect the bowel movements to come before you complete the solution. However, please be sure to complete the entire jug water. In between drinking the solution, and having bowel movements, you may continue the clear liquid diet until midnight.

Do not eat or drink after midnight the day before your appointment. You can have small amounts 4-8 oz at a time, of clear liquids such as black coffee, black tea, apple juice, ginger ale, or water up to 2 hours prior to procedure.

Certain medications need to be taken with water, on the morning of the exam.

1. Medications for high blood pressure, or heart disease need to be taken
2. If you take aspirin regularly, hold the aspirin on the day before the procedure.
3. Hold medications for diabetes on the morning of the exam, until after the procedure is completed, and you resume regular eating.

A FEE OF \$125.00 WILL BE CHARGED FOR CANCELLATIONS LESS THAN 24 HOURS AND
FOR NO SHOWS.