

Open Access Colonoscopy

To Our Mutual Patient,

You have been scheduled for an **Open Access Colonoscopy**. All needed paperwork is available on line at our website, www.gastronewjersey.com. Please click on the Forms tab and open the folders for both "Open Access Colonoscopy" and "Advanced Endoscopy". If you have any questions, please feel free to call our office. Please review all of the paperwork today.

We will call you in the next several days to confirm that you have received this letter and we will review all the forms including the consents with you. We will answer your questions over the phone. You may ask to stop by the office if you have any questions to discuss the consents with our nurse practitioner or physicians directly. If you feel more comfortable, you can arrange for an office consultation.

Your procedure date is: _____
Your procedure time is: _____ (This is TENTATIVE)

You are scheduled at: Advanced Endoscopy
 142 Route 35, Suite 101, Eatontown, NJ 07724
 Telephone (732) 935-0031

The facility will call and confirm the date and give you the **FINAL ARRIVAL TIME** approximately one to two days before your procedure.

Please look at our website for additional information about our practice and physicians at www.gastronewjersey.com. You may call our office at (732) 775-9000 at any time.

Please call your pharmacy **TODAY** to confirm that the prescription for the preparation needed for your colonoscopy has been received. The prescription is sent electronically by our computer systems. Everyone is at risk for Colon Cancer so get screened **NOW!**


Howard N. Guss, D.O., FACP, AGAF


Gagan D. Beri, M.D.

Colonoscopy: The Facts

What Is a Colonoscopy?

A colonoscopy is an exam of the lower part of your Gastrointestinal Tract, which is called the large intestine or colon. This procedure is performed at an endoscopy center or hospital. Colonoscopies are performed to screen for colon polyps and colon cancer, or to evaluate symptoms such as bleeding, abdominal pain or a change in bowels. The procedure allows for an accurate diagnosis and treatment without the need for a major operation. You will receive medication through an intravenous line to make you comfortable during the colonoscopy. Your blood pressure, heart rate and breathing will be monitored. Air is blown into the colon and you may feel cramping. It is common for a biopsy, removing a small piece of tissue, to be performed. A colonoscope, a long black flexible, tube about ½ inch in diameter, is inserted into the rectum. The tube is advanced through the entire large intestine. The procedure generally takes 15 minutes and you should plan on being at the facility for 3 hours.

How to Prepare for a Colonoscopy?

Before the colonoscopy, your colon must be completely empty. It is extremely important to clean out properly and follow your doctor's instructions. You will need to avoid solid food while you are preparing. After drinking the cleanser, you will be able to drink only clear liquids. You cannot eat anything the morning of the procedure. Only the preparation and your medication can be taken the morning of your colonoscopy. To clean the colon, you will take a prescription laxative specifically chosen for you. The dose is either taken the night before or early in the morning of your procedure. You can take most of your regular medication before your colonoscopy. However, your doctor may tell you to stop certain medications, like those that can cause bleeding or ones for treating diabetes. You are responsible to review all your medication with your doctor. You will be told when to restart any held medications after the procedure. Call your physician immediately if you have questions about your medication.

What Happens After a Colonoscopy?

After the colonoscopy, you will be monitored in the recovery rooms for 30-60 minutes. The most common complaint after the colonoscopy is feeling bloated. You will be encouraged to pass the gas since it is only air. You may feel groggy from the sedation. Do not plan on working, driving or drinking alcohol that day. You cannot drive home and must have a ride. Your medications will be reviewed with you by the nurse prior to leaving the facility. We recommend that you plan on resting all day after the procedure. You may cautiously resume your regular diet. The medical facility will call you the next weekday to see how you are feeling. Our office arranges follow up after the results are finalized, usually 2-3 weeks after your colonoscopy.

Why do I Sign a Medical Consent?

Your doctor wants you to be involved in your healthcare. We want you to be informed and be your own advocate. We encourage you to know your medical history and your medications. You are an important part of the decision process and with these rights come responsibilities. An informed consent reviews the risks, benefits and possible alternative for a medical procedure. Your opinion and goals are critical in the decisions made regarding your healthcare. Your doctors want to work with you in this "Shared Decision Making Process!"

What do I do If I Have Questions?

Patients having a colonoscopy often have questions and concerns about the procedure. This is normal and the information provided should help answer your questions. If you have questions before or after your procedure, please call our office at (732) 775-9000. You can visit our website for information at www.gastronewjersey.com as well as our private facility at www.advancedendoscopy.com. Our trained office staffs and our licensed medical providers are available at our office as well. If you have questions, visit our web site and review our FAQ's.

COLONOSCOPY PREPARATION (SUPREP)

COLONOSCOPY DATE: _____ ARRIVAL TIME: _____

YOU HAVE BEEN SCHEDULED FOR A COLONOSCOPY TO EVALUATE YOUR LOWER DIGESTIVE TRACT. BEFORE THE PROCEDURE, YOUR COLON MUST BE COMPLETELY EMPTY. IT IS VERY IMPORTANT TO CLEAN OUT PROPERLY AND FOLLOW THESE INSTRUCTIONS CAREFULLY.

YOU WILL RECEIVE SEDATION AND MUST ARRANGE FOR SOMEONE TO DRIVE YOU TO THE FACILITY. YOUR RIDE SHOULD PLAN ON STAYING FOR AT LEAST THREE HOURS. THERE ARE **NO EXCEPTIONS** TO THIS RULE. YOU WILL BE SENT HOME EVEN IF YOU HAVE PREPARED YOURSELF.

NOTE: YOU WILL RECEIVE SEDATION AND MUST HAVE A RIDE TO THE FACILITY.

ONE WEEK PRIOR TO THE PROCEDURE:

DO **NOT** TAKE ANY MEDICATIONS OR VITAMINS CONTAINING IRON, ASPIRIN, ECOTRIN OR ASPIRIN-LIKE PRODUCTS THAT INCLUDE ADVIL, MOTRIN, ALEVE, NUPRIN, ALKA-SELTZER AND NAPROSYN.

MEDICATION:

IF YOU TAKE ANY ORAL MEDICATION FOR **DIABETES**, DO NOT TAKE THEM THE DAY OF YOUR EXAM.

IF YOU TAKE ANY **INJECTABLE** MEDICATION FOR **DIABETES** CALL YOUR PRESCRIBING DOCTOR.

THE MORNING OF YOUR PROCEDURE, TAKE YOUR **REGULAR MEDICATION** WITH A SIP OF WATER.

YOU MAY TAKE **TYLENOL** AS NEEDED FOR HEADACHE. DO **NOT** TAKE ADVIL, IBUPROFEN OR ALEVE.

[] **BLOOD THINNERS:** YOU MUST STOP THESE MEDICATIONS TO REDUCE YOUR RISK OF BLEEDING. YOU MAY SPEAK WITH YOUR PRESCRIBING DOCTOR IF YOU HAVE ANY QUESTIONS.

[] STOP: _____ LAST DOSE ON: _____

[] STOP: _____ LAST DOSE ON: _____

[] STOP: _____ LAST DOSE ON: _____

PLEASE NOTE:

1. **TWO DAYS BEFORE YOUR EXAM:** **DO NOT EAT ANY FRUITS, VEGETABLES, NUTS, SALADS OR SEEDS!**

2. **ON THE DAY OF YOUR EXAM:** **DO NOT EAT OR DRINK ANYTHING EXCEPT FOR YOUR REGULAR MEDICATIONS!**

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DAY BEFORE PROCEDURE:

1. YOU MAY HAVE A REGULAR BREAKFAST. FOR LUNCH YOU MAY HAVE WHITE PASTA WITH BUTTER OR OIL. YOU MAY ONLY EAT TWO CUPS COOKED WEIGHT. YOU MUST FINISH EATING BY 12 NOON.
2. AFTER NOON YOU MAY HAVE CLEAR LIQUIDS ONLY. CLEAR LIQUIDS INCLUDE JUICE (APPLE OR WHITE GRAPE), SOFT DRINKS, JELL-O, BROTH AND TEA. NO MILK AND SOUPS. NOTHING RED OR ORANGE.
3. YOU MAY HAVE SMALL AMOUNTS OF CLEAR LIQUIDS UNTIL MIDNIGHT ONLY.
4. YOU MUST TAKE ALL OF THE PREPARATION AND COMPLETE BOTH STEPS. YOU WILL DRINK TWO FULL CONTAINER OF PREP AND FOUR CONTAINERS OF WATER.
5. **STEP 1:** **DRINK AT: 7 P.M.**

POUR ONE 6-OUNCE BOTTLE OF SUPREP INTO THE MIXING CONTAINER. ADD COOL WATER TO THE 16 OUNCE LINE AND MIX. DRINK ALL THE LIQUID IN THE CONTAINER. YOU MUST DRINK TWO MORE 16 OUNCE CONTAINERS OF WATER OVER ONE HOUR. YOU MUST DRINK ALL THE WATER TO PROPERLY PREPARE FOR THE COLONOSCOPY.

6. **STEP 2:** **DRINK AT: 11 P.M.**

POUR ONE 6-OUNCE BOTTLE OF SUPREP INTO THE MIXING CONTAINER. ADD COOL WATER TO THE 16 OUNCE LINE AND MIX. DRINK ALL THE LIQUID IN THE CONTAINER. YOU MUST DRINK TWO MORE 16 OUNCE CONTAINERS OF WATER OVER ONE HOUR. YOU MUST DRINK ALL THE WATER TO PROPERLY PREPARE FOR THE COLONOSCOPY.

DO NOT EAT OR DRINK ANYTHING FOUR (4) HOURS BEFORE YOUR PROCEDURE!
YOU MAY TAKE YOUR MEDICATIONS THE MORNING OF THE EXAM!

PLEASE REPORT TO THE FOLLOWING LOCATION:

- _____ 1. *ADVANCED ENDOSCOPY AND SURGICAL CENTER*, 142 Route 35, Suite 101, Eatontown, NJ.

Advanced Endoscopy will call you the day prior to your procedure to give you an arrival time. Call the Center at 2 PM the day prior to your procedure if you do not receive a pre-procedure phone call. Your time is an ESTIMATE and final times are only given out by the Center.

- _____ 2. *JERSEY SHORE UNIVERSITY MEDICAL CENTER*, 1945 Route 33, Neptune, NJ.

You must call the hospital 3 to 5 days prior to preregister at (732) 776-4800.

- _____ 3. OTHER: _____

NOTE: _____ REFERRAL NEEDED FOR CENTER / _____ NO REFERRAL NEEDED FOR CENTER