

IF YOU ARE USING WEIGHT LOSS INJECTABLES:

PATIENTS USING WEIGHT LOSS INJECTABLES MUST STOP 8 DAYS PRIOR TO PROCEDURE.

THE DAY BEFORE THE PROCEDURE, YOU MUST HAVE A CLEAR LIQUID DIET ONLY! NO SOLID FOOD ALLOWED.

Colonoscopy Information with Dr. Saha

Date of Procedure:

Time of Procedure:

Arrival Time:

Important Information

You must arrive at Carnegie Hill Endoscopy one (1) hour prior to your scheduled procedure start time.

Carnegie Hill Endoscopy is located at:

1516 Lexington Avenue (between 97th and 98th Streets) Ph: **212.860.6300**

For extensive further information please visit the website: www.carnegiehillendo.com

Dr Saha has determined that a colonoscopy is appropriate for you. In order to maximize the benefit of the procedure, he would like you to perform a complete colon cleanse.

3 days prior to the procedure:

Stop taking vitamins. Eat a high protein and carbohydrate diet. This consists of eggs, chicken, meat (hamburger and only the bun), fish, tofu, seitan, blended lentils and chickpeas as examples. Starches include non-seeded bread, white rice, potatoes, and pasta.

Avoid foods containing fiber such as kale, bok choy, edamame, corn, quinoa, brown rice, etc. These foods while healthy are not easily washed out with the cleansing solution.

If you are taking medications such as Ozempic, Wegovy, Mounjaro, Coumadin, Plavix, aspirin, or Xarelto, Eliquis, etc. be sure to notify your physician since you may be asked to stop it prior to your colonoscopy.

The Day Before Your Colonoscopy:

You can eat a lunch meal around noon. The remainder of the day you are only to drink fluids.

It is essential you drink at least eight 8oz glasses of clear liquids over the next twelve hours to help prepare your bowels for the colonoscopy and to prevent dehydration. You may drink any **clear liquid** such as water, Fresca, Sprite, clear broth, fruit juices without pulp, tea, coffee without milk or cream, Gatorade, plain jello, iced popsicle, etc.

Do **NOT** eat or drink any substance that is **red or purple** since it might be mistaken for blood in your colon.

You need to start the first dose of your solution a **4:00PM** and the next one would be **8:00PM**.

Take your evening medications as usual the night prior (if any).

Morning of procedure:

Take your medications as usual the morning of the procedure (at least 3 hours prior to the procedure). You can use an inhalation pump for your asthma (bring with you as well).

You may drink clear liquids until no later than 7:00AM
(chicken broth, ginger ale, sprite, white cranberry juice, apple juice & water)

Additional Information

You must have somebody accompany you to and from Carnegie Hill Endoscopy. We highly recommend that you have someone with you for 24 hours after your procedure.

If you have questions please feel free to contact us by emailing your physician directly:
Dr. Saha – drsaha@sahamedical.com

If you want additional information on how to take your preparation based on which one you use:

Suprep - <http://www.suprekit.com/dose-instruction.htm>

Clenpiq- <http://www.clenpiq.com/hcp/efficacy-and-safety>

CANCELLATIONS MUST BE MADE AT LEAST 48 BUSINESS HOURS BEFORE YOUR PROCEDURE OR A CANCELLATION FEE OF \$100.00 WILL BE CHARGED.

- The anesthesia fee is usually covered by your insurance. Some plans do not cover the anesthesia fee. The anesthesiologist will bill your plan however if it is not covered you will be responsible for the fee. (Feel free to call [212.860.6300](tel:212.860.6300) if you have any questions)
- For Cigna patients, York anesthesia does not participate with Cigna. York Anesthesia will first bill Cigna for out-of-network benefits for payment. If payment is received from out-of-network benefits you will not receive a bill. If your plan does not have these benefits, you will be billed by York on an agreed upon self-pay rate of \$200.00, no more. (Feel free to call [212.860.6300](tel:212.860.6300) if you have any questions)