

## East River Gastroenterology & Nutrition

1974 1<sup>st</sup> Avenue  
New York, NY 10029  
Tel: (212) 535-4500  
Fax: (212) 535-4515

### **COLONOSCOPY INSTRUCTIONS: SUPREP**

You have an appointment for a colonoscopy with Dr. Goldstein on \_\_\_\_\_ at \_\_\_\_\_.

This will be performed at Carnegie Hill Endoscopy Center (CHE), 1516 Lexington Avenue, between 97<sup>th</sup> and 98<sup>th</sup> streets. Please arrive forty-five minutes before your procedure for registration.

Please be aware that failure to keep this appointment or cancel within 48 business hours will result in a \$100 fee.

#### One week before your appointment:

- Fill the prescription for Suprep prep kit at your pharmacy.
- If you take aspirin, coumadin, Plavix, other blood thinners, or anti-inflammatory medications, call our office to discuss this. Some patients, but not all, will be asked to stop these medications.
- If you are on an ACE-inhibitor (eg lisinopril) or ARB (eg losartan) for hypertension, call our office to discuss this. Some patients, but not all, will be asked to stop these medications or to use a different prep.
- If you have a heart murmur or artificial heart valve, please call our office to discuss this. If antibiotics are needed, we will administer them at the time of the procedure.
- If you have a bleeding disorder or type I diabetes, please call our office to discuss this condition.
- Do not take iron for one week before your colonoscopy.

#### On the day before your colonoscopy:

- You may have a normal breakfast, but no raw fruit or vegetables.
- You may take all your regular medications, except iron and anti-diarrheal medicines. If you have been asked to stop blood-thinners, you should follow those instructions.
- Starting at lunch, you may only have a liquid diet, including water, juice, coffee, tea, soda, clear soup, jello, Gatorade, and Pedialyte. Milk, yogurt and ice cream (no nuts, chips, etc.) are also allowed. Continue to drink liquids throughout the day.
- Between 5 and 6pm, drink the first bottle of Suprep with two additional glasses of clear liquid.
- Continue to drink clear liquids until bedtime.
- **If your colonoscopy is before 9am the following day**, drink the second bottle of Suprep between 8 and 9pm.
- **If your colonoscopy is after 9am the following day**, drink the second bottle of Suprep starting at 6am on the day of your procedure. *This must be completed by 7am at the latest.*

#### On the day of your colonoscopy:

- Do not have anything to eat or drink except your regular medicines, with a little water, and the second dose of Suprep, as per the instructions above. If you are diabetic, do not take oral diabetes medicines.
- **Make sure you bring someone with you to the procedure, as it is likely that you will receive sedating medications and will need an escort home for your safety.**

If you need to cancel or reschedule your procedure, please call the office at (212) 535-4500.

Please make sure that the office has any necessary referrals or your procedure will be cancelled.

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**INSTRUCTIONS FOR PATIENTS HAVING OUTPATIENT PROCEDURES AT  
CARNEGIE HILL ENDOSCOPY**

Thank you for making an appointment with Dr. Goldstein to have an endoscopic examination. His office has arranged for your endoscopic procedure to be performed at Carnegie Hill Endoscopy, an ambulatory endoscopy center. Specific preparation instructions for the examination are enclosed on a separate sheet.

Your appointment is on: \_\_\_\_\_

The procedure(s) you will be having is/are: \_\_\_\_\_

**Please read the following information, which is very important:**

- Carnegie Hill Endoscopy is located at 1516 Lexington Avenue, between 97<sup>th</sup> – 98<sup>th</sup> Streets. To contact CHE, call 212-860-6300.
- It is important that you arrive in time for your appointment, or the procedure may be cancelled. Please arrive for registration forty-five minutes before your scheduled appointment to allow for registration and preprocedural intake by the staff.
- There is a drop-off area at the front door on Lexington Avenue. Discounted parking is available in the building's parking lot, located on 98<sup>th</sup> Street between Park and Lexington Avenues. Please inform the attendant that you are coming for a procedure at Carnegie Hill Endoscopy.
- Prior to the exam, you must register at the registration area. From there you will be escorted to the endoscopy area.
- The center requires that you bring a companion with you to escort you home, or the procedure will not be performed. There is a waiting room for your companion.
- After the procedure, you will be monitored by the nursing staff and discharged the same day. You will receive sedation medication for the procedure and will not be able to safely drive a car yourself.
- Most procedures performed in an "ambulatory surgery center" (endoscopy center) require precertification and/or referrals from your insurance company if you have private insurance. (This does not apply to Medicare patients.) Please call your insurance company to see if precertification and/or referrals are needed according to your policy. The insurance company can also determine what deductibles may apply, again, according to your policy.
- If you have any questions, please feel free to contact us at (212) 535 - 4500

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### DIRECTIONS TO CARNEGIE HILL ENDOSCOPY

- By Bus: the M10, M102, or M103 buses run north on Third Avenue and south on Lexington Avenue. If north-bound, get off at 98<sup>th</sup> Street and Third Avenue and walk to Lexington. If south-bound, get off at 98<sup>th</sup> Street and Lexington in front of the center. For more bus information go to [www.mta.info/nyct/maps/submap](http://www.mta.info/nyct/maps/submap)
- By Subway: Take the 6 Train to 96<sup>th</sup> Street. Walk north along Lexington Avenue; the center is located on the northwest block between 97<sup>th</sup> and 98<sup>th</sup> Streets
- If you are driving:
  - **From New Jersey:** Take the George Washington Bridge to Harlem River Drive (which becomes FDR Drive) south to 96<sup>th</sup> Street exit. Right turn on 96<sup>th</sup> Street. Proceed to Third Avenue and make right turn, then second left onto 98<sup>th</sup> Street. Proceed to Lexington Avenue, then turn left to the Center.
  - **From Long Island:** Triborough Bridge to Manhattan. Harlem River Drive (which becomes FDR Drive) south to 96<sup>th</sup> Street exit. Right turn on 96<sup>th</sup> Street. Proceed to Third Avenue and make right turn, then second left onto 98<sup>th</sup> Street. Proceed to Lexington Avenue, then turn left to the Center.
  - **From Westchester/Connecticut:** Take Major Deegan (Rte 87) towards the Triborough Bridge. Take the Manhattan Bridge to the FDR Drive South. Exit at 96<sup>th</sup> Street. Take right turn on 96<sup>th</sup> Street. Proceed to Third Avenue and make right turn, then second left onto 98<sup>th</sup> Street. Proceed to Lexington Avenue, then turn left to the Center.
- If you are coming from out-of-town, there are several small hotels near the center
  - Hotel Wales: 1295 Madison Avenue (at 92<sup>nd</sup> Street). (212) 876-6000
  - Franklin Hotel: 164 East 87<sup>th</sup> Street. (212) 369-1000
  - Marriott Courtyard: 410 East 92<sup>nd</sup> Street. (212) 410-6777