

Alex J. Ky, M.D.

Note: This document contains information about colonoscopy. If you have scheduled for the procedure, please contact our office (212-241-3547) for your information packet.

ENDOSCOPY/COLONOSCOPY INFORMATION

Type of Anesthesia: Mac (Conscious Sedation)

IMPORTANT INFORMATION - PLEASE FOLLOW THE CHECKED ITEMS BELOW:

- Your procedure will be in the **Endoscopy Suite** located at **1184 5th Avenue, 7th Floor**. You must arrive **1 hour prior** to you scheduled procedure time. Please inform the receptionist that you are there for a procedure with Dr. Ky.
- You are having an **ambulatory** procedure. You will be going home after your procedure, as soon as you are fit to go. Although you are only having MAC anesthetic and the procedure is small, a trip to the hospital is still a tiring experience. Please ask a relative or friend to come to the hospital to accompany you home, as the **hospital requires you have an escort upon leaving**.
- Do NOT use **Aspirin, Ibuprofen (Advil, e.g.) or any compounds containing these medications** for one week before surgery, as they cause increased bleeding. If you are taking Coumadin, Persantine or Aspirin on your doctor's instructions, please discuss this with your prescribing physician or notify our office so we can discuss their use.
- Perform a **MoviPrep Bowel Prep** the day before your operation. It is over-the-counter and can be purchased at your local pharmacy. For instructions, please refer to attached sheet.
- Have **nothing to eat or drink after midnight** the night before the operation. If you take any prescription medications that you must take in the morning, please notify our office so that we can discuss whether you should take them the day of the procedure.
- Take a **FLEET™ Enema** 1 hour before leaving your home the morning of the surgery. It is over-the-counter and can be purchased at your local pharmacy.

AFTER PROCEDURE:

- If a biopsy was done or if you want to further discuss your colonoscopy results, be sure to call our office at 212-241-3547 to schedule an office visit. You should schedule your appointment date for about 7-10 days after the procedure.

MOVIPREP BOWEL PREP

It is very important that you follow each step and complete all of these instructions. The bowel preparation will not work properly unless you drink plenty of liquids.

Before starting your prep, purchase **One Box of MoviPrep** (carton contains 4 pouches and a disposable container for mixing), which should be available at your local drugstore or pharmacy.

STEP 1: CLEAR LIQUID DIET

The day before your surgery/procedure, you must be on clear liquid diet. You can have **CLEAR LIQUIDS ONLY** and **NO SOLID FOODS** at least 24 hrs prior to the procedure

Suggestions:

- Chicken Broth
- Jello
- Ice popsicles
- Juice with no pulp
- Coffee/tea w/o milk
- Hard sucking candies (e.g. lifesavers, lemon drops, etc.)

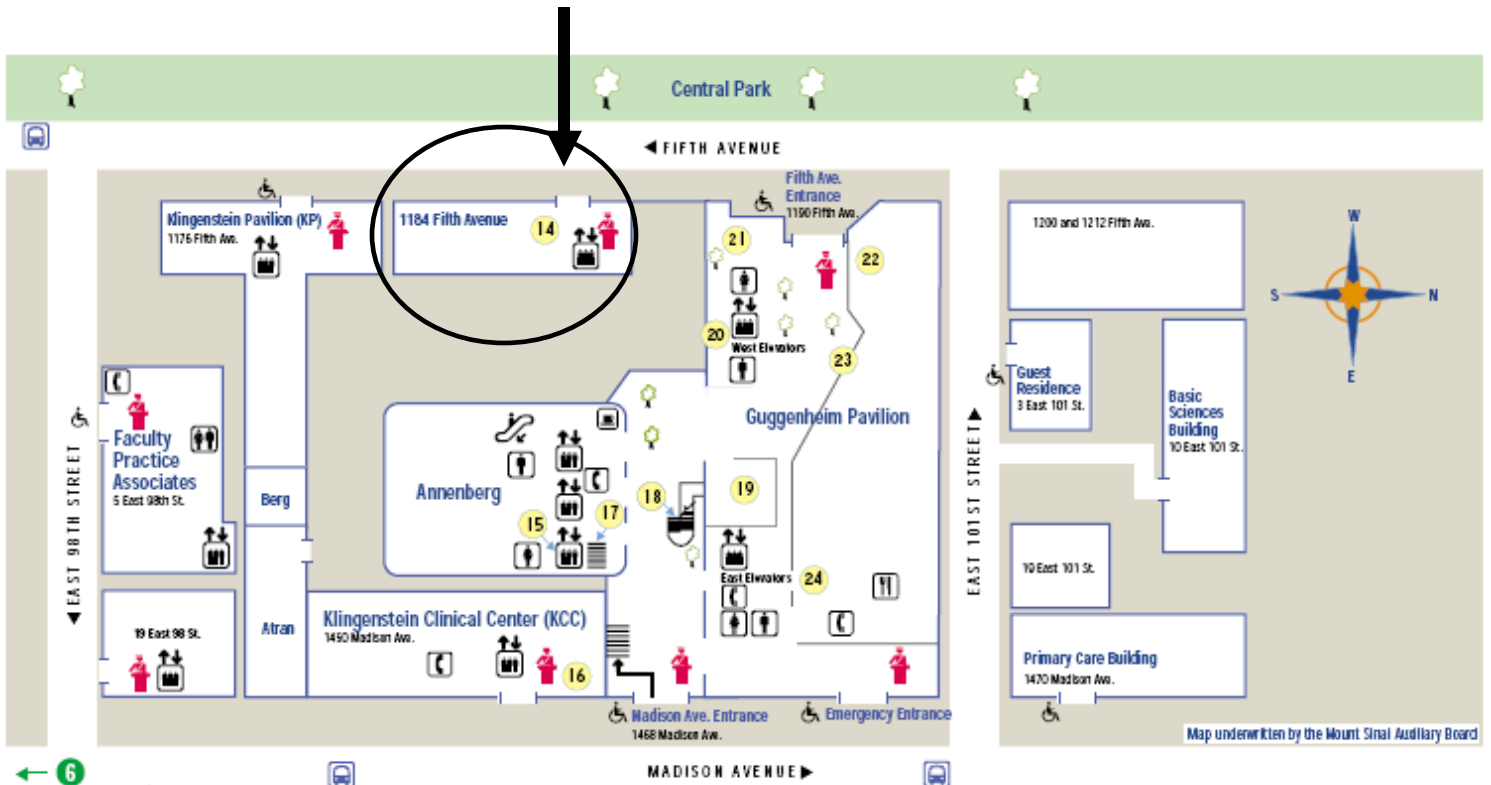
* Do not have any dairy products like milk, ice cream or cream soup*

STEP 2: BOWEL PREPARATION

- 5:00pm – drink the first container of MoviPrep, followed by 8oz. of water
 - 5:00pm - 9:00pm – drink at least 2-3, 8oz. glasses of any clear liquid
 - 9:00pm – drink the second container of MoviPrep, followed by 8oz. of water
-

The MoviPrep works by taking extra water from your body and moving it to the colon. This causes the feces in your colon to break up and will start diarrhea. It can take up to 4 hours for the diarrhea to start. So that you do not become dehydrated, it is very important that you drink as much liquid as possible throughout the day.

ENDOSCOPY SUITE – 7th Floor



- Security/Information Lost? Call 212-241-6068, or 46068 from a hospital phone.
- Bus—M1, 2, 3, 4, 106
- Cafeteria
- Coffee Stand
- Elevator
- Escalator
- Rest Room
- Stairs
- Subway—at 96th St. and Lexington Ave.
- Telephone
- Wheelchair Access

The Mount Sinai Medical Center Ground Level

- | | |
|---|--|
| Ambulatory Care Practices 15
Take elevator to the appropriate practice on the MC, 2nd, 3rd, or 4th floor. | Cardiovascular Center 22 |
| ATM—Guggenheim Pavilion 24 | Children's Center 14 |
| ATM—Klingenstein Clinical Center 16 | Chapels 21
Hatch Interdenominational Chapel
For Peck Jewish Chapel, take stairs to 2nd floor. |
| Auditorium—Hatch 18
Take stairs to 2nd floor. | Gift Shop 19 |
| Auditorium—Stern 17
Take stairs to 2nd floor. | Patient Service Center 20 |
| Cancer Treatment Center 23 | Surgical Family Waiting Room 18
Take stairs to 2nd floor.
East—Ambulatory, West—Inpatient |