

Gina Sam MD, M.P.H, P.C  
 800 2nd Avenue, 9th floor  
 New York, NY 10017



**Patient's Name:**  
**DOB:**  
**Phone #:**  
**Referring MD:**  
**Referring MD Phone Number:**  
**Referring MD Address:**  
**Referring MD Email:**  
**Diagnosis/Indication for Test:**

\*\*\*\*PLEASE INCLUDE A RECENT PROGRESS NOTE, ENDOSCOPY REPORT, HISTORY AND PHYSICAL, OR XRAY REPORT THAT MAY BE HELPFUL.

**To schedule, change or cancel your appointment please call 646-877-3220**

Date & Time	Test	Instructions
	<b>( ) High Resolution ESOPHAGEAL MANOMETRY with High Resolution ESOPHAGEAL IMPEDANCE</b>	<u><b>Nothing to eat or drink 6 hours prior to your appointment</b></u> Stop all medications that you are taking for your stomach problems (e.g. nitrates, calcium channel-blocking agents, Carafate, anticholinergic and pro motility agents) 48 hours before the test.
	<b>pH/ Impedance Test <u>on Medication</u></b> ( ) 24 HOUR pH/IMPEDANCE <u>or</u> ( ) BRAVO* 48 Hours pH test _____	Continue taking all acid suppressing medication <u>including the dose on the day of the test</u> <u>Nothing to eat or drink 6 hours before your appointment.</u> You will need to return at the end of 24/48 Hours to return the pH monitor
	<b>pH/ Impedance Test <u>off Medication</u></b> ( ) 24 HOUR pH/IMPEDANCE <u>or</u> ( ) BRAVO* 48 Hours pH test _____	Stop PPIs (Prevacid, Prilosec etc.) 7 days before the test Stop Pepcid, Zantac and Axid 48 hours before the test. You can take antacids (Tums, Maalox etc.) up to the day before the test <u>Nothing to eat or drink 6 hours before your appointment.</u> You will need to return at the end of 24/48 Hours to return the pH monitor
	<b>( ) C-UREA/H. PYLORI BREATH TEST</b> <b><u>For Diagnosis</u></b>	<u><b>2 weeks before the test:</b></u> Stop all PPIs (Prevacid, Prilosec etc.) Stop all Bismuth Compounds (Pepto-Bismol/Tritec) Stop all antibiotics <u>Nothing to eat 1 hour before your appointment.</u>

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	<input type="checkbox"/> C-UREA/H. PYLORI BREATH TEST <u>Post Treatment</u>	<u>4 weeks before the test:</u> Stop all PPI (Prevacid, Prilosec etc.) Stop all Bismuth Compounds (Pepto-Bismol/Tritec) Stop all antibiotics <u>Nothing to eat 1 hour before your appointment.</u>
	<b>HYDROGEN BREATH TEST:</b> <b>For Intolerance/malabsorption</b> <input type="checkbox"/> Lactose <input type="checkbox"/> Fructose  <b>For Bacterial Overgrowth</b> <input type="checkbox"/> Glucose <input type="checkbox"/> Lactulose	1 week prior, do not take laxative, stool softeners, or undergo any test that requires cleansing of the bowel No antibiotics for 7 days before the test Stop probiotic 1 day prior the test <u><b>Absolutely</b></u> no bran or other high fiber foods for 24 hours before the test For dinner the day prior you are allowed to have plain white rice, baked or broiled chicken turkey or fish, eggs, chicken or beef broth. Butter, margarine, cola drinks are <u>not permitted</u> with the evening meal Nothing to eat or drink 12 hours before your appointment. No smoking or vigorous exercise 1 hour before the test <u><b>This test will take 3 hours to complete.</b></u>
	<input type="checkbox"/> High Resolution ANORECTAL MANOMETRY	Fleet enema <u>2 hours</u> before you leave your home If extremely constipated give yourself an additional fleet enema the night before your appointment
	<input type="checkbox"/> BIOFEEDBACK/PELVIC MUSCLE RETRAINING	Give yourself a fleet enema the night before your appointment or 2 hours before you leave your home <u>only if</u> you feel stool is in your rectum
	<input type="checkbox"/> SmartPill Capsule	Request "Important Patient Information and Instructions" sheet
	<input type="checkbox"/> Small Bowel Capsule Endoscopy	<u>No tobacco</u> products 24 hours prior test Start clear liquid diet after lunch. No solid foods, red or purple liquids, chewing gum, and alcohol. Male patients will need to shave six inches above and below the navel. <u>No liquids after 10:00 pm.</u> <i>You may drink a sip of water to take regular evening medications.</i> 6:00 pm Drink ½ liter (16 oz.) of bowel prep solution. *Drinking through a straw may help with the taste. You may also suck on hard candy while drinking the solution. After finishing half of the prep solution, drink two (2) 8 oz. glasses of water.

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	<b>( ) Endoscopy</b>	Nothing to eat after midnight. Only CLEAR LIQUIDS 8hours prior to appointment
	<b>( ) Split dose- Colonoscopy (Miralax)</b>	<p><b>Day prior to exam</b> Follow a <b>CLEAR</b> liquid diet.        Drink lots of clear liquids to keep well hydrated! A <b>CLEAR</b> liquid diet includes water, coffee (only if you must; please limit coffee intake to 8 oz and <b>must be black, no cream or non-dairy creamer</b>), tea, soda, broth or clear juice like apple juice or white grape juice, popsicles, and Jell-O (no added fruit). <b>Avoid red colors/Purple</b>. No milk products. <b>Do not eat any solid food.</b></p> <p>Take 2 of the Dulcolax tablets at about 1pm. Once you mix the Miralax powder into the Gatorade, make sure you shake it up so it is fully dissolved. <b>At about 5:00 p.m.</b> (start earlier at about 3:00 p.m if your schedule allows) mix your Gatorade and the entire container of Miralax and begin drinking. Most people will begin to have diarrhea usually within 2 hours after drinking the mix.</p> <p><b>4-6 hours prior</b> to your procedure time, drink the last 2 glasses (about 16 ounces) of mix</p>
	<b>( ) Split dose- Moviprep</b>	<p><b>Day prior to exam</b> Follow a <b>CLEAR</b> liquid diet</p> <p>Morning: Prepare your MoviPrep solution Empty 1 pouch A and 1 pouch B into the disposable container; add lukewarm water to the top line of the container; mix to dissolve and refrigerate Evening: Begin your prep at 6:00pm</p> <ol style="list-style-type: none"> <li>1. The MoviPrep container is divided by four marks. Every 15 minutes, drink the solution down to the next mark (approximately 8 ounces), until the full liter is complete.</li> <li>2. Drink an additional ½ liter of the clear liquids of your choice. You may start going to the bathroom after only a couple of glasses, but be sure to drink ALL of the solution.</li> <li>3. Continue drinking <b>CLEAR</b> liquids until bedtime.</li> <li>4. Prepare the second container of MoviPrep and refrigerate.</li> </ol> <p><b>Morning of Procedure:</b></p> <ol style="list-style-type: none"> <li>1. Five hours prior to procedure begin to drink the second liter. Drink 8 oz every 15 minutes until the full liter is complete. Be sure to drink <b>ALL</b> of the solution.</li> <li>2. Be sure to drink an additional ½ liter of clear fluid.</li> <li>3. You may drink the additional <b>CLEAR</b> liquid during and after the prep up to four hours prior to the procedure</li> </ol>

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<p><b>( ) Split dose- Golytely</b>   <b>(Nulytely, Trilte or Polyethylene Glycol 3350)</b></p>	<p>A <b>CLEAR</b> liquid diet includes water, coffee (only if you must; please limit coffee intake to 8 oz and <b>must be black, no cream or non-dairy creamer</b>), tea, soda, broth or clear juice like apple juice or white grape juice, popsicles, and Jell-O (no added fruit). <b>Avoid red colors/Purple.</b> No milk products. <b>Do not eat any solid food.</b></p> <p>Drink at least <u>8</u> glasses of water or clear liquids during the day.  <b>6 p.m.:</b> Begin drinking 3 liters of the GoLYTELY solution (3/4 of the bottle). Drink 8 ounces every <u>10 minutes until finished</u>. <i>If you vomit, wait 30 minutes Then, begin drinking again, taking 6 ounces every 15 minutes.</i>      Refrigerate the remaining 1 liter (1/4 bottle) of GoLYTELY.  <b>5 hours before your appointment time:</b> Drink the remaining 1 liter (the rest of the bottle) of GoLYTELY. Continue clear liquid diet, including water.  <b>3 hours before your appointment time:</b> Stop drinking liquids. <i>(You may take your morning medicines with 4 ounces of water.)</i></p>
<p><b>( ) Prepopik</b></p>	<p>A <b>CLEAR</b> liquid diet includes water, coffee (only if you must; please limit coffee intake to 8 oz and <b>must be black, no cream or non-dairy creamer</b>), tea, soda, broth or clear juice like apple juice or white grape juice, popsicles, and Jell-O (no added fruit). <b>Avoid red colors/Purple.</b> No milk products. <b>Do not eat any solid food.</b></p> <p>Throughout the day, make sure to drink at least 8 glasses (2 quarts) of fluids.  <i>If you have DIABETES:</i> You may have your usual breakfast today and should take your diabetic medications. Throughout the day you should drink sugar containing <b>CLEAR</b> liquids. Monitor your blood sugar at your usual times.</p>