

**AUDREY J. WOOLRICH, M.D., F.A.C.G., P.C.**

**1020 Park Avenue @85th. Street  
New York, NY 10028  
Phone: 212-861-7441  
Fax: 212-772-2877**

### **PREPARATION FOR COLONOSCOPY**

**In order for your colonoscopy to be successful, the following preparation is required. Please follow all instructions carefully. Call our office with any questions you may have regarding your prep.**

#### **ONLY IF YOUR PRIMARY CARE PHYSICIAN AND/OR CARDIOLOGIST AGREES:**

Stop Plavix, Motrin, Advil, Nuprin, Volteran, Aleve, Naproxen, Aspirin, Coumadin and Warfarin, five days prior to your procedure.

If you are a diabetic please inform the staff so your insulin or oral agent can be adjusted. Make sure you test your sugar at home. Do not take your diabetic medication the morning of your exam.

**If you take blood pressure medication, you should take your medicine 4 hours before your appointment time with a small amount of water.** If you are trying to get pregnant or suspect you might already be pregnant, please inform the doctor and/or staff.

You must have a clear liquid diet the day before your colonoscopy. You must have at least 3 portions of salty broth and Gatorade/G2, clear juices, Italian ices, Jello, lollipops, water and any other clear drinks. Coffee and tea with some milk is allowed on the day before the colonoscopy. **ABSOLUTELY NOTHING TO EAT OR DRINK FOR 4 HOURS BEFORE YOUR EXAM.**

Follow the instructions on the Prep Sheet provided.

Since monitored, intravenous sedation will be administered by a board certified anesthesiologist please be sure to arrange for an adult escort to pick you up and accompany you home.

**DO NOT DRIVE, EXERCISE OR HANDLE ANY MACHINERY UNTIL THE NEXT DAY AFTER YOUR PROCEDURE. IN ADDITION, DO NOT DRINK ANY ALCOHOLIC BEVERAGES THE DAY BEFORE UNTIL THE DAY AFTER YOUR PROCEDURE.**

Your colonoscopy will be performed at: ***Carnegie Hill Endoscopy  
1516 Lexington Avenue  
bet. 97th & 98th Street  
New York, NY 10029  
212-860-6300***

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**UPPER ENDOSCOPY INSTRUCTIONS**

Do not eat or drink anything for eight (8) hours prior to your scheduled appointment.

Arrange to have an adult escort pick you approximately 1 1/2 hours after your scheduled appointment to drive or assist you home.

Stop all Aspirin or Aspirin containing medication for one week prior to your exam.

Please inform the doctor if you are using blood thinners such as Coumadin or Plavix.

**Your appointment is scheduled for: \_\_\_\_\_**

**Arrival Time: \_\_\_\_\_**

Your procedure will be performed at: ***Carnegie Hill Endoscopy  
1516 Lexington Avenue  
bet. 97th & 98th Street  
New York, NY 10029  
212-860-6300***

If for any reason you need to change or cancel your appointment kindly call the office to assist you.

Thank You.