

*Anu Sampat, M.D.*  
4982 Hylan Blvd.  
Staten Island, NY 10312  
718-227-1282 fax 718-967-2524

**\*\* PLEASE READ THE FOLLOWING INSTRUCTIONS CAREFULLY\*\***

- You have been scheduled for a **Colonoscopy** on \_\_\_\_\_ at **305 Seguine Avenue**. Please arrive 20 minutes prior to you appointment time.
- If you are taking any **PLAVIX, ASPIRIN, COUMADIN** or any other blood thinning medications please inform the doctor.
- You must have someone pick you up from the office. You will be sedated and may need some assistance. You may not drive or go to work after the procedure. The test will not be performed if you don't have someone with you.
  - If for any reason you are unable to keep your appointment for the test please call the office (718) 227-1282, before Friday morning prior to the test to avoid any \$125.00 cancellation fee. Thank you

Fill your prescription for the **GOLYTELY BOWEL PREP KIT** 4-5 days before procedure.

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**PREPARATION FOR COLONOSCOPY**

One day before the procedure, on \_\_\_\_\_, you must follow a **CLEAR LIQUID DIET ALL DAY**. Clear liquids include: chicken or beef broth, clear fruit juices (apple or white grape), soda, Gatorade, Jell-O, ice pops, coffee or tea (**NO MILK OR CREAM**).

**DO NOT** drink anything that is red, orange, or purple. You may have yellow or green drinks only. You may use sugar, honey or lemon. Please do not have any dairy products or orange juice.

**At 3pm:** Start drinking the **GOLYTELY** liquid. Drink an 8oz. glass every 10 minutes until it's finished. Continue drinking clear liquids until midnight.

**At 8pm:** Take 6 Dulcolax tablets which can be purchased over the counter.

**DO NOT EAT OR DRINK AFTER MIDNIGHT**

If you have any questions regarding these instructions, please call our office.

After the procedure, if you develop any pain, fever or bleeding, call the doctor.

You may return to normal activities the day after the procedure.

Our office will call you 2-3 days before the procedure to confirm your appointment.

Follow-up Appointment at 4982 Hylan Blvd., \_\_\_\_\_ at

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