



Phone: 212-889-5544
Fax: 212-481-1089
www.gastro-nyc.com

Colonoscopy Preparation Instructions: Sutab

NAME: _____

PROCEDURE: _____ Colonoscopy _____

ENDOSCOPIST: _____

DATE OF PROCEDURE: _____

FACILITY ARRIVAL TIME: _____

procedure time is subject to change by the procedure center the day prior

The center will call you to confirm your appointment 24 hours before your procedure



ADDRESS:
Lenox Hill Greenwich Village Ambulatory Center
200 W 13th St (at 7th Ave)
4th Floor
New York, NY 10011
(929) 292-3700

****Pick-up escort required**

Bowel Preparation with Sutab



Colonoscopy is a routine, generally safe, pain-free procedure used to examine the colon. These are the steps that you must take before the procedure to ensure the highest level of safety and effectiveness.

1. Make arrangements to have someone drive you home after the procedure. Colonoscopy involves sedation, and you will not be allowed to leave the facility unaccompanied.
2. Follow your physician's instructions regarding medicines to avoid and diet to follow before your procedure.
3. Your body loses significant amounts of fluid during bowel preparation. In order to prevent dehydration, it is important to supplement that fluid loss with clear liquids throughout the day.
4. Sutab will be sent to your pharmacy on file.

Please pick up the prep at your pharmacy within 10 days of receiving this paperwork



Phone: 212-889-5544
Fax: 212-481-1089

Colonoscopy Preparation with Sutab

Day before your colonoscopy:

Start hydrating by drinking only clear liquids throughout the day. No solid foods/dairy/alcohol. Clear liquids are those you can “see through”. ***Please avoid red or purple clear liquids.**

Examples of clear liquids include:

- ✓ water
- ✓ apple juice, white grape juice
- ✓ strained fruit juice without the pulp
- ✓ ginger ale, lemon lime soda
- ✓ tea without milk or creamer
- ✓ clear broth or bouillon
- ✓ Kool-Aid or other fruit flavored drinks
- ✓ ice popsicles
- ✓ lemonade
- ✓ sports drinks (ex. Gatorade)
- ✓ plain Jell-O without added fruit or toppings.

Evening before at 5:00 PM:

Step 1: Open one bottle of 12 tablets

Step 2: Fill provided container with 16 oz of water (up to fill line). Swallow each tablet with a sip of water and drink the entire amount of water over 15 to 20 minutes.

Step 3: Approximately 1 hour after the last tablet is ingested, fill the provided container again with 16 ounces of water (up to the fill line) and drink the entire amount over 30 minutes.

Step 4: Approximately 30 minutes after finishing the second container of water, fill the provided container with 16 ounces of water (up to the fill line) and drink the entire amount over 30 minutes.

Continue to consume only clear liquids for the remainder of the day.

Morning of your colonoscopy:

- Step 1: Approximately five hours before your scheduled appointment, open the second bottle of 12 tablets.
- Step 2: Fill provided container with 16 ounces of water (up to fill line). Swallow each tablet with a sip of water and drink the entire amount of water over 15 to 20 minutes.
Drink at least three 8-ounce cups of clear liquids. Make sure to finish at least two hours prior to the scheduled procedure time.
- After prep is completed, please do not take anything by mouth until after the procedure is completed.
- ***If you are on medications that thin your blood (other than aspirin) or if you take medications for diabetes, or any weight-loss medications, let your prescribing doctor know that you are having a colonoscopy and ask for instructions regarding this medication.***

Your Visit Made Easy With *Valet Services*



Location

200 W 13th St
New York, NY 10011

Hours of Operation

5:30am – 5:00pm

Rates

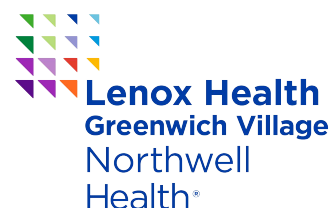
Up to 3 hours - \$25.00
Up to 6 hours - \$30.00
Up to 12 hours - \$35.00
Up to 24 hours - \$45.00

Need Assistance?

(973) 518 - 8090

**Pleased to provide premium valet
service to make your visit as easy
and convenient as possible**

ESCORT INFORMATION



Outside care providers to take you home after ambulatory surgery

Medical Chaperone

Phone: 212-472-1954

We are usually able to accommodate last minute coordination of a medical escort the day of surgery as long as we are fully staffed.

Medical Escorts: The fee for service in Manhattan weekdays from 14th Street up to 100th Street and from the eastside across to the westside is \$46 with a 2 hour or \$92 minimum. The fee for service in Manhattan weekends, holidays, and weekdays after 8:00pm is \$56 per hour with a 2 hour or \$112 minimum.

The patient is responsible for the taxi/carfare to their destination after discharge.

<https://discreetchaperone.com/>

Partners In Care (Also Known as VNS Health)

Phone: 1-888-735-8913

We ask that the inquiry be at least 24hr ahead of time, but we will work hard to coordinate day of medical escorts so long as we have approximately 2-3 hours of notice prior to discharge time.

Medical Escorts: Out of Pocket Cost \$114 | 4 Hours

<https://www.vnshealth.org/home-care/>

Allure Home Care:

Phone: 646-994-0191

Cost: \$160 dollars for up to 4 hours. Patient is responsible for their own transport. Please provide 24-hour notice as same day service is difficult to accommodate.

<https://allurehomecare.com>

Access-A-Ride:

Phone: 877-337-2017

Access-A-Ride provides transportation for people with disabilities whose disability prevents their use of accessible mass transit, public bus, or subway service for some or all trips. Access-A-Ride is operated by private carriers under contract to the City.

Please ask for the "Call Out & Assist" Option During Booking

<https://new.mta.info/accessibility/access-a-ride>

This flyer contains information and content supplied by third parties. Information contained herein regarding any specific person, commercial product process, or service by trade name, trademark, manufacturer, or otherwise, does not constitute or imply its endorsement, recommendation, or favoring by Northwell Health, its directors, or employees.



Preparing for your visit: *Outpatient Endoscopy, Colonoscopy Procedure*



Photo ID



Insurance card/
form of payment



List of current
medications and
dose



A responsible adult escort to take you home.
You will need their phone number, as our staff
call them to confirm they will be picking you up

What To Expect:



Preparation



Arrive



Check-In & Reception



Prepare



Procedure & Recovery



Heading Home

1

Take your medications as directed by your doctor. For questions about bowel prep, consult your referring physician. After midnight before the procedure, avoid eating or drinking, except for medications with a sip of water or bowel prep if needed.

2

Please arrive 1 hour prior to your appointment time. Drop off/pick up location: Lenox Health Greenwich Village 200 W 13th Street New York, NY 10011. Parking information available on page 2

3

Upon entry you will receive an ID badge and be directed to the Endoscopy Suite on the 4th floor where you will fill-out paperwork and make a payment, if applicable.

4

Your healthcare team will review your medical history, medications, & prepare you for your procedure

Your physician & Anesthesiologist will explain the procedure and obtain your consent

5

You will then be escorted to the procedure room to begin your procedure

After the procedure, you will receive discharge instructions and the procedure report. You will be brought to the recovery suite

6

When you are ready to go home, you will be discharged & brought to the same entrance where you arrived

Before you go home, you will receive education & instructions

You will receive a follow-up phone call from one of the nurses within 72 hours.

Preparing for your upcoming visit



Information About Your Procedure*:

Estimated Procedure Time: between 30-60 minutes

1. After your registration and paperwork are complete, the nurse will start an IV, and speak to your anesthesiologist and gastroenterologist
2. The provider, MD, NP, or PA will explain this part of the procedure to you in detail and obtain your written consent.



The Cost of Your Procedure:

Understanding your co-pay/co-insurance

- Please reach out to your insurance company before your procedure to find out about your specific plan.
- Depending on your insurance, you may be responsible for a co-pay, deductible, co-insurance, or out-of-pocket expense.



*Phone # listed on
the back of your
insurance card*



Frequently Asked Questions

Additional questions can be asked during your pre-operative phone call or to your physician

1. Valet parking is available between 6 am and 5 pm (if you need to pick up your car after 5 pm, you may do so at 101 W 12th Street between 6th and 7th avenues)
2. Please leave valuables home but we will have a locker for any belongings you bring
3. Visitation: 2 support persons are allowed, 1 at the bedside