

CARL MCDOUGALL

Tel: (212) 891-6555

NULYTELY/TRILYTE COLON PREPARATION INSTRUCTIONS

PROCEDURE LOCATION:

MANHATTAN ENDOSCOPY CENTER 535 Fifth Avenue, 5th Floor
(Entrance is located on 44TH Street) **Tel: (212) 682-2828**

Other Facility: _____

APPOINTMENT DATE: _____ **ARRIVAL TIME:** _____

APPOINTMENT TIME: _____ **PICK-UP TIME:** _____

Prepare your gallon of Nulytely/Trilyte within 24 hours prior of your schedule colonoscopy and refrigerate.

7 DAYS before your procedure: Stop taking aspirin, Advil, Aleve, ibuprofen, Motrin, Bufferin, Excedrin etc., Only Tylenol is suggested for pain management. Also stop taking Vitamin E, Iron supplements, herbal preparation and any fish oils or Omega 3. Many of these medications may cause bleeding if biopsies are done. You may continue to take aspirin if you are required to for cardiac reasons, but please inform our staff in advance or your procedure.

7 DAYS before your procedure: **DO NOT CONSUME SEEDS OF ANY KIND, NUTS OR SKINS.** Start to consume easily digestible foods such as: white rice, white bread, pasta, fish, chicken, pork, eggs, potatoes, well-cooked vegetables, fruits without the skin, yogurt and cheese. **AVOID:** High fiber/high roughage foods, whole wheat bread products, red meat, foods with seeds (tomatoes, strawberries, grapes, and oranges), yogurt with fruit mixed in, nuts, olives, beans and corn. Do not consume any popcorn for 5 days prior to the day of your procedure.

3-4 DAYS before your procedure: Please stop taking Coumadin (warfarin), Plavix only if approved by your cardiologist (or whoever prescribed this medication to you). If you must continue to take this medication, we required a written note from your doctor, please inform our staff prior to your procedure.

Please bring your vaccination record to the center. If you are not vaccinated you are required to have a Covid-19 PCR test 5 days prior.

2 DAYS before Purchase 1 box of Dulcolax at your local pharmacy over the counter, prescription is not required.



TWO DAYS PRIOR TO YOUR SCHEDULED PROCEDURE:

8:00 PM – Two nights before take 2 tablets of Dulcolax

Try drinking 3-4oz every 10 minutes. Be sure to drink at least 2 or more 8 oz glasses of approved clear liquid to flush the laxative through your system.

It is designed to promote bowel movements in advance of your prep day. You may begin to have bowel movements before bedtime. However, it may take several hours for a bowel movement to occur.

Once you have taken the Dulcolax , be sure to follow your instructions for the colonoscopy prep.

Please call our office at the above listed number if you have any questions or concerns about your colonoscopy prep.

Repeat this process every night for four (4) nights until 2 nights before.

24 HOURS before your procedure: You may consume clear liquids up to 4 hours before your procedure. Allowable liquids include : White cranberry juice, apple juice, lemonade, clear sodas, Snapple, Gatorade, coffee and tea (without milk or creamer), clear chicken broth, Jell-O and ice pops. Please avoid liquids that are heavily colored, such as red cranberry juice, cherry Gatorade, grape soda etc. as these dyes will affect the color of the stool. Please also avoid other “milks” such as coconut, soy or almond, as well as fruit juices that contain pulp.

THE DAY BEFORE YOUR PROCEDURE: Prepare your gallon of Nylytely/Trilyte **within 24 hours** prior of your scheduled colonoscopy, according to the instructions and refrigerate for an hour. Refrigeration makes it more palatable, you may wish to do this.

4 HOURS PRIOR NOTHING BY MOUTH NOT EVEN WATER

If your appointment is between 7:00am and 12 noon:

5pm THE DAY BEFORE YOUR PROCEDURE: Begin drinking an 8oz glass every 10-15 minutes until completion.

If your appointment is between 12:15pm and 5:00pm:

6:00pm THE DAY BEFORE YOUR PROCEDURE: Begin to drink an 8oz glass every 10-15 minutes until you finished the first gallon of the solution.

6 AM THE DAY OF YOUR PROCEDURE: Continue to drink the second gallon, 8oz glass every 10-15 minutes until completion.

You may consume **only clear liquids until up to 4 hours prior to your procedure**. After that, you must not consume any liquids. You may take essential medication on the morning of your test with small sips of water, preferably not within four hours of your procedure. If you are diabetic, please do not take insulin before your procedure. Following the procedure, you should eat and take half of your regular morning dose. If you take a pill for diabetes, do not take it before your procedure. Following your procedure you should eat and then take diabetes medication.

Please remember that it is required that someone pick you up after the procedure as anesthesia will be administered.

CANCELLATION POLICY: If you must cancel, please call the office at least 2 business days before the date of your procedure so we may offer another your appointment to one of our other patients on our waiting list. Please note that there will be a **\$175 cancellation fee** for any appointment cancelled **less than 4 business days** before the procedure.

THANK YOU!

CLEAR LIQUID LIST

(You must avoid items that are Red or Purple in color.)

4 HOURS PRIOR NOTHING BY MOUTH NOT EVEN WATER

- Tea without milk. Sweeteners are OK
- Broth; Clear Chicken Broth, Vegetable or Beef Broth
- Juices; Apple, White grape, White cranberry, White pear
- Snapple drinks; Orange colored, Light pink, Iced Teas, Lemonade
- Gatorade/G Series; these beverages are highly recommended on your clear liquid diet. - Lemonade, Lemon Lime, Citrus Cooler
- Vitamin Water; Essential, Energy
- Coconut Water; Zico or Vito Brand Coconut water (no pulp)
- Crystal Light , Lemon Lime
- Jell-O; Orange, Lemon, Peach, Pineapple, Green
- Ice pops; Lemon or Lime Bars
- Italian Ices; Lemon
- Soda Sprite, 7up, Colas, Ginger ale, Sprite, Sierra Mist
- **NO VEGGIE JUICES**
- **NO COFFEE**

BILLING INFORMATION

Dear Patient:

You have been scheduled for a procedure at The Manhattan Endoscopy Center. Our billing department will be contacting your insurance carrier to obtain necessary authorization, and to verify coverage and benefits. Please be aware that you may have responsibilities for any in-network deductibles, co-insurance, or copayments as indicated by your insurance carrier. Coverage and benefits may vary based on your individual policy.

If you are scheduled for a screening colonoscopy and you have a past medical history which would be considered high risk, your insurance provider may consider the colonoscopy to be a surveillance exam, or diagnostic procedure, and not a routine screening colonoscopy. There may be different coverage guidelines that apply.

High risk diagnoses for colonoscopy include but are not limited to the following: personal history of colonic polyps, personal history of inflammatory bowel disease (ulcerative colitis, Crohn's disease) and history of Colon cancer.

If your procedure is being performed for specific symptoms (not screening) or if you are under age 50, it will be considered diagnostic and a deductible or copay may apply, please review your personal insurance benefits information.

If you are scheduled for an Upper Endoscopy, this procedure will be considered a diagnostic test.

Please be aware that a pre-authorization is not a guarantee of payment by your insurance, only until the claim is received, payment will be subject to your eligibility and your individual contract information at the time of the procedure. Deductible and co-insurance as part of your insurance contract might apply.

Billing contact phone information:

In the event that you do receive a **bill from our office**, please contact our billing company, SCALE Healthcare Billing 866-240-0800 x 1207.

If you receive a bill from **Manhattan Endoscopy Center**, or the **anesthesiologist** please call their billing Dept. at **Before the procedure**: 833- 844-6695.

After the procedure: Facility billing: 866 840-6226

Anesthesia billing: 866 688 9704

Sincerely,

CARL MCDOUGALL, MD