

MANHATTAN ENDOSCOPY CENTER
ALBERT M. HARARY, MD
535 FIFTH AVENUE, 5TH FL.
(Entrance on East 44th St. between 5th Ave and Madison)
NEW YORK, NY 10017
(212) 702-0123

LIMITED COLONOSCOPY (SIGMOIDOSCOPY) PREPARATION

PURCHASE FROM YOUR PHARMACY:

1. One 10-ounce bottles of Citrate of Magnesia (NOT RED)
2. 2-plain Fleet enemas

MEDICATIONS:

If you take any medications for high blood pressure, seizures, heart or lung problems, these should be taken with water early in the morning with a sip of water. Do not take insulin or any diabetes medication on the day of the procedure until the exam is completed.

PREPARATION:

Beginning at 2PM on the day prior to your procedure, you will begin a clear liquid diet (water, apple juice, tea, clear broth, and clear carbonated beverages – **NOTHING RED OR PURPLE IN COLOR**).

At 6PM, drink 10 ounces of Citrate of Magnesium. (Can be purchased over the counter at the pharmacy.)

On the day of your procedure, give yourself two (2) plain Fleet enemas within 1-3 hours of your procedure.

IF YOUR PROCEDURE IS SCHEDULED IN THE MORNING, YOU MAY NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT.

IF YOUR PROCEDURE IS SCHEDULED IN THE AFTERNOON, YOU MAY HAVE CLEAR LIQUIDS UP UNTIL 4 HOURS BEFORE YOUR PROCEDURE AND THEN NOTHING THEREAFTER, NOT EVEN WATER!

APPOINTMENT:

**Time: _____ on _____ at
Manhattan Endoscopy Center, located at 535 5th Ave.
on the 5th floor (East 44th Street between 5th & Madison Avenues)**

PLEASE ARRIVE 30 MINUTES BEFORE SCHEDULED TIME.

NOTE: Plan to be in the center for approximately two hours. You will not be able to drive a car for at least 12 hours after the procedure. You must arrange for an escort to pick you up after the procedure. If you have any questions, please call this office at (212) 702-0123.

CANCELLATION POLICY: YOU MUST PROVIDE AT LEAST 3 DAYS NOTICE IF YOU NEED TO CANCEL OR POSTPONE YOUR APPOINTMENT OR THERE WILL BE A \$200.00 CANCELLATION FEE