

MURRAY ORBUCH, MD
202 SPRING STREET
NEW YORK, NY 10021

PHONE: (212) 343-3040 x 5

Dear Patient,

We want your procedure to go as smoothly and effortlessly as possible, so please read the instructions carefully. If you have any question, please don't hesitate to contact me at 1-800-827-1799.

Dr Murray Orbuch

INSTRUCTIONS FOR COLONOSCOPY

Date:

Time:

Address: 480 Second Avenue, between East 26th and 27th Streets

closest subway is the 28th Street station of the **6** line

Cancellation: **If you are unable to keep your appointment, please contact the office at least 24 hours before the examination to re-schedule**

One week before the procedure:

- Stop taking aspirin for 7 days.

Please purchase the following:

- Two (2) 10-oz bottles of Magnesium Citrate, **not** cherry-flavored
- Four (4) tablets of Dulcolax

The day before the procedure:

- Eat “light”. Choose yogurt, soup, juice, bread, rice, fish and chicken.
- Avoid high-fibre items such as fruits and vegetables.

The evening before the procedure:

- At 7:30 pm, drink 10 ounces of the Magnesium Citrate with *at least* two (2) cups of water, gatorade, broth, fruit juice, soda or other beverages.
- At 8:00 pm, have a light dinner of broth and bread or rice.
- At 8:30 pm, take four Dulcolax tablets
- At 9:30 pm, drink the second 10 ounces of the Magnesium Citrate with *at least* two (2) cups of water, gatorade, broth, fruit juice, soda or other beverages.

The morning of the procedure:

-
- No food is to be eaten!
- You may have small amounts of clear liquids up until 4 hours before the examination (water, tea, coffee *without milk*, gatorade, apple juice or ginger ale).
- **Stop drinking** liquids four hours before the procedures.

Please note:

- Take your medications as you normally do the evening before, and the mornign of the procedure
- If you take insulin injections, please consult me regarding changing dose schedule

About the procedure:

Upon arrival, you will register and then meet with the anesthesiologist. The procedure typically lasts 30-45 minutes and requires about 30 minutes of recovery time. Please note that although we make every effort to stay on schedule, we sometimes run behind. Some cases are more complex than we anticipated, creating delays. Your patience will be greatly appreciated and we will make every effort to see you as quickly as possible.

Once the procedure is completed, I will meet with you to discuss the preliminary findings. If a biopsy was taken you will need to schedule an additional meeting so that we can discuss the results, generally a week to ten days afterwards.

After the procedure

If you experience symptoms such as fever, chills, persistent pain or have any other questions, please contact me through my answering service any time of day at 1.800.827.1799.

Billing

The procedure has three billing components:

- **My professional fee:** This will be billed to and paid by your insurance company unless you have an unpaid in-network deductible or co-insurance, which you will be responsible for paying.
- **Anesthesiologist's fee:** Also billed to your insurance company; there may be a deductible depending upon your individual plan, which you will be responsible for paying.
- **Pathology:** The samples, if any are taken, are sent for analysis to Mt Sinai Hospital which accepts all major insurance plans.