

Colonoscopy

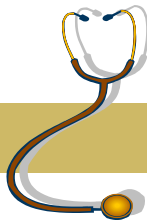
You have been scheduled for colonoscopy for the purpose of examining your colon (large intestine) and (if applicable) removing a polyp or polyps.

What occurs during the examination?

The colonoscopic examination is done by inserting a long flexible lighted tube into the rectum and beyond. In many cases, the instrument can be inserted throughout the entire extent of the large intestine, permitting a complete examination.

What is a Polyp?

A polyp is a growth that is attached to the inside of the colon. Most of these growths are benign but their removal is strongly recommended so that the polyp may be examined under the microscope, permitting an exact diagnosis to be made. In addition, benign polyps at times may become malignant with the passage of time. Therefore, we believe they should be removed. At times, a polyp is discovered unexpectedly during the course of a colonoscopic examination which is being done for other reasons. We recommend that all patients give us permission ahead of time to remove polyps if they are discovered.



Directions



Address:

120 E 86 Street (between Park Ave. and Lexington Ave.)
New York, NY 10028
Tel: (212)427-2000

Directions:

Subway:

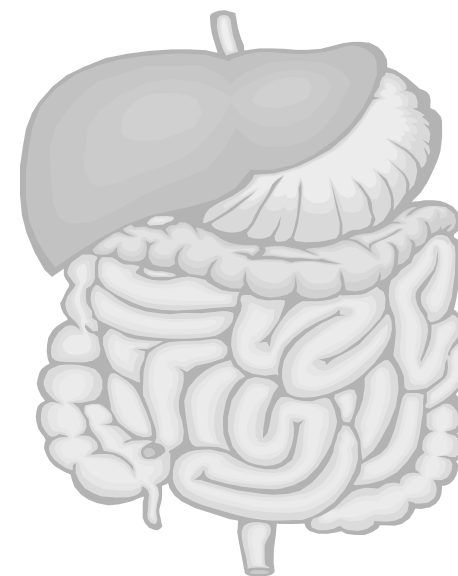
Take the **4**, **5** or **6** to 86 St. station on Lexington Avenue. Walk west 1/2 block.

Buses:

- Take the Cross-town 86 bus to Park Avenue. Walk 1/2 block east to the office.
- There are several buses traveling up/downtown. You can take 1, 2, 3, 4, 98, 101, 102 or 103 to 86 St. From there either walk or take the Cross-town 86 to Park Avenue. Walk 1/2 block east to the office.

Driving:

We are located on the south side of 86 Street between Park Avenue and Lexington Avenue. There is a parking garage next door and many others within a 3-4 block radius of the office. There is plenty of street parking.



Appointment Date/Time:

David H. Berman, M.D.

&

Charles S. Saha, M.D.

Instructions for Colonoscopy:

- Blood pressure medications-please discuss instructions concerning your medication(s) with us.
- Stop aspirin, iron supplements and anti-inflammatory medication (Advil, Motrin, Ibuprofen, etc.) one (1) week prior to procedure. You may use Tylenol (acetaminophen) if needed.
- Coumadin-Please notify us for special instructions regarding Coumadin or any other anti-clotting agent.
- Diabetics-The office will discuss with you special instructions you should follow regarding the use of your medication(s).
- Please notify us if you have had any replacement of a joint or heart valve.
- Please notify us if you are allergic to any medications, shellfish or eggs.
- The office staff will discuss with you the method used to prepare yourself for the procedure.

General Instructions

1. Do not drink or eat anything after midnight the night before the procedure.
2. Because of the use of sedation, it is necessary that you plan to have someone escort you home. We also recommend that you don't drive for 24 hours after the procedure.
3. Please arrive promptly for your appointment. Late arrival may alter the time or even necessitate cancellation of your procedure.
4. If you have any questions, as always, please call our office.

What Happens if a Polyp is Discovered?

If a polyp is discovered, a thin snare wire is passed through the colonoscope and the polyp is encircled. The snare is tightened and an electric current is passed through the wire which cuts off the polyp. The polyp is then brought out of the colon and sent to the pathologist for further examination.

Detailed Description of the Procedure:

The procedure is done under conscience sedation. You will have no pain or discomfort during it. You will normally recover easily and quickly after the test and be able to go home one hour later.

The colonoscope is a special plastic tube a little thicker than a ball point pen. It contains special fibers that carry the picture from the tip to the viewing lens to a television. It even has a miniature windscreen washing system, so that the doctor's view is always clear.

While you are asleep, the scope is passed through your entire large bowel. The procedure will take about 15-30 minutes and the whole thing will take about 1.5 to 2 hours including recovery time.

Are there any possible complications?

Colonoscopy is safe and is associated with a very low risk. Complications can occur but are rare.

*Possible complications include:

- Hemorrhage (bleeding)
- Perforation (tearing)
- Infection, or an adverse reaction to one of the medications.

You must tell us of allergies or peculiar reactions you have had to medicines particularly to tranquilizers and pain killers. It should be emphasized that complications are extremely rare.

After the Procedure:

- Do not eat or drink for one hour.
- Do not drive for 24 hours after the procedure.
- Limit yourself to non-strenuous activity as you may experience a prolonged effect from the sedative medication.
- Notify your physician if any of the following occur:
 - Prolonged abdominal pain
 - Rectal bleeding
 - Abdominal distension
 - Black bowel movements
 - Vomiting

When will I receive my results from my Colonoscopy?

The doctor will speak to you immediately after your procedure. If a biopsy or specimen is taken the results will be back in 1 week. More information regarding the procedure is available at www.parkavedrs.com.