



Beth Israel Deaconess Hospital
Needham

Needham Gastroenterology Associates

Dear Patient,

Thank you for choosing Beth Israel Deaconess Hospital *Needham* for your **Colonoscopy**. We want to make sure your procedure goes as smoothly as possible.

Beth Israel Deaconess Hospital *Needham*
Endoscopy and Infusion Center
148 Chestnut Street
Needham, MA 02492

Day/Date: _____

Arrival Time: _____

Please bring your completed medication and sleep apnea forms with you to the procedure.

- Note: Because medical procedures do not always go according to schedule, there may be unexpected delays in your procedure. We thank you in advance for your understanding and patience. **PLEASE READ ALL INSTRUCTIONS TODAY!**
- Screening colonoscopy with removal of polyps is a powerful tool in preventing colorectal cancer. Insurance coverage of colonoscopic polypectomy depends on your insurance carrier and plan details. Please refer to your insurer's explanation of benefits if you have any questions regarding this matter. Coverage cannot be guaranteed by BID Hospital *Needham* or Needham Gastroenterology Associates.
- Refer to the medications listed below that need to be stopped days before your procedure.

Please **leave valuables (jewelry, money, credit cards, or electronic devices) at home** when you come in for your procedure.

Please register in Admitting on the Ground Floor prior to reporting to the Endoscopy Center unless preregistered by phone. You will need your insurance card and a picture ID.

Internal Defibrillator and/or Pacemaker – If you have an Internal Defibrillator and/or Pacemaker, please call the Endoscopy and Infusion Center at 781-453-3885 and ask to speak to a nurse. Please have your Internal Defibrillator and/or Pacemaker information, cardiologist's name, and contact information available for reference during the call. Please bring the device card with you on the day of your procedure.

Precautions – If you have ever been diagnosed with MRSA or VRE, please call the office of Drs. Cohen, Tomczak, and Ullman at 781-444-6460 prior to your procedure.

If you are or may be pregnant, please discuss the risks and benefits of this procedure with your doctor prior to your procedure.

Medications

- **Aspirin or Aspirin Products**- stop 5 days prior to your procedure. The exception to this is for patients who have had a cardiac stent. **CARDIAC STENT PATIENTS SHOULD REMAIN ON THEIR ASPIRIN.**
- **Iron tablets, Multivitamins with Iron, Omega 3 (fish oil)** supplements-stop 5 days prior to your procedure.
- **Ibuprofen, Motrin, Advil, Aleve, and other Anti-Inflammatory Medications**- Must be stopped 48 hours prior to the procedure.
- **Coumadin, Lovenox, Aggrenox, Pradaxa, Xarelto, or Eliquis** or any other blood thinning medications: call your prescribing physician for instructions.
- For patients who have a **cardiac stent** and are taking **Plavix**, please contact your cardiologist for instructions.

- **Diabetics:**
 - If you are taking an **oral diabetic medication**, please **do not** take your dose the **evening before** your procedure and **do not** take your dose the **morning of** the procedure.
 - If you take **Insulin**, please call your prescribing doctor for further instructions.
- **Prescription Medications** may be taken the morning of your procedure, at least three hours prior to your arrival time with as little water as possible.

Procedure Preparation

PLEASE FOLLOW COLONOSCOPY PREPARATION INSTRUCTIONS included with this letter.

- **Arrange for a ride home.**
- A responsible adult will need to pick you up in our Center **2 hours** after your **scheduled arrival time**. A taxi is allowed only if a responsible friend or family member accompanies you.
- After sedation, you may **not** drive for the remainder of the day. Do not plan to work or perform work related tasks for the rest of the day due to the lasting effects of the sedation.

We hope this information has been helpful. Be sure to read the rest of the information in this packet. If you have any questions, please call 781-444-6460.