

Name: _____

PLEASE READ INSTRUCTIONS 7 DAYS, 3 DAYS AND AGAIN 1 DAY BEFORE PROCEDURE.

(Please bring power of attorney and living will paper work, if patient unable to consent.)

Colonoscopy is a procedure to examine the colon. A small flexible tube with light and miniature camera is inserted into your rectum. Medication is given by I. V. to keep you comfortable during your exam. The risks include but are not limited to pain, bleeding, infection, medication reactions (irregular heart rhythm or breathing difficulties), bowel perforation, need for blood transfusion, surgery or repeat colonoscopy, ICU stay and even rarely death. Though the best test available at present, colonoscopy is not a perfect test to prevent colon cancer. If you are scheduled for a screening / preventative colonoscopy, please note that if a polyp is removed or biopsy taken, the procedure may be considered diagnostic and may not qualify for coverage as a screening service. Insurance company policies vary regarding these matters, and we urge you to contact your insurance company to obtain their policy on these types of procedures. **Some procedures are scheduled directly. However, if you wish to first have a consultation with the doctor in the office, to discuss the procedure, sedation, risks and complications, alternatives etcetera, please notify our office and schedule a clinic visit instead.**

Purchase: (No prescription needed.) You will need over the counter medications:

- Miralax or generic (238 gm) – **1 Bottle**
- Bisacodyl 5 mg (generic for dulcolax) - **4 Tablets**
- Magnesium citrate 10oz bottle – **1 Bottle** (Do not buy if you have kidney disease.)
- 32 oz. Gatorade (no red or orange) or drinking water (Diabetics use low sugar preparation) - **2 bottles** (total volume - 2 liters or 1/2 gallon)
- Gas-X Tablets (Simethicone) - **6 Tablets**

Preparation

1. Stop 7 days before the procedure:
 - Aspirin (check with your cardiologist or neurologist). Avoid Ecotrin, Excedrin and Bufferin.
 - Nonsteroidals like ibuprofen, Feldene, Relafen, Aleve, Celebrex, Naprosyn Motrin, Midol etc.
 - Metamucil, fish oil, flaxseed, vitamin D, omega-3 fatty acids.
 - Iron pill, vitamins, and weight loss medications such as Meridia and Olestra.
 - Herbal medications including Ginseng, Ginkgo biloba etc.

(You can continue Tylenol, ultram, hydrocodone, lortab, Soma, Lyrica, Neurontin, narcotics.)
2. Stop 5 days before the procedure:
 - Coumadin, Plavix, Effient (please obtain approval from your cardiologist, neurologist, or primary care physician to stop these.)
3. Stop 4 days before the procedure:
 - Pradaxa (please obtain approval from your cardiologist or neurologist.)
4. Stop 3 days before the procedure:
 - Fatty and greasy foods.
 - Eliquis, Xarelto and Savasya.
5. Do not take on the morning of the procedure:
 - Insulin or diabetic medication (check with your primary care physician for approval) or Lovenox.
6. Medications allowed on the morning of your procedure with few sips of water:
 - Blood pressure medications, heart medications.
 - Seizure medications.
 - Breathing medication, anxiety, depression medications, routine pain medications and medications like Tylenol, hydrocodone (avoid aspirin and nsaid).

Failure to have a driver will result in cancellation of exam. If colon is not totally cleaned out, the procedure will have to be repeated. You need someone to observe you for at least 4 hours after you reach home. No driving until the next morning. Bring all medication bottles.

**No comas o bebas nada después de la media noche. Necesitas un conductor para que te lleve a la casa.
Por favor, lee cuidadosamente y entiende todas las instrucciones.**

Miralax Prep

Stop fatty and greasy food 3 days prior to procedure.

- _____ at 9:00PM take 2 tablets dulcolax (bisacodyl): You can take the tablets as early as 9AM, if you are planning on staying at home.
Put 2 bottles of 32oz Gatorade (or water) in the fridge.

ONLY Clear Liquid Diet _____
AVOID ALL RED, PURPLE, OR ORANGE COLORING
No Solid Food or Milk Products all day

Water; Chicken Broth or Beef Bouillon (No noodle soups); Gatorade; Plain coffee or tea (no cream or milk or Coffemate); Jell-O (White grape or Lemon), *with no fruits in them*; Apple or White grape juice; or Kool-Aid, popsicles, strained fruit juices (no pulp)

- 5:00PM:** Mix 238gm of Miralax in 2 bottles of 32oz Gatorade or water. Start drinking Miralax and complete entire jug in 2 hours. (**You may start as early as 10am**). If the drink is too sweet, dilute with 1-3 cups of water. If you develop nausea and vomiting, please stop drinking miralax prep for 1 hour. Then, resume the prep to complete it. **After completion of Miralax, wait 1 hour. Then take 2 tablets of ducolax (bisocodyl.)**
- 7:30PM: Take 2 Gas-X Tablets.**
- 9:00PM: Take Magnesium citrate 10oz bottle (can take as early as 3PM.)**
- May continue to have clear liquids.**
- 9:30PM: Take 2 Gas-X Tablets.**
- SET ALARM FOR 5 hours prior to reporting time. _____ A.M.**

Day of Procedure _____ (DO NOT CHEW GUM.)

- _____ **AM:** Take 2 tablets dulcolax (bisacodyl), followed by at least 6 glasses of clear liquids (for late morning and afternoon procedures).

_____ **AM: Stop all clear liquids**

7AM: Take 2 Gas-X Tablets with a few sips of water.

_____ **AM/PM: Report at Registration desk.**

We will need a urine sample on arrival from women in childbearing age.

- Do NOT drink anything for 3 hours prior to arrival. Take the allowed medications with a few sips of water (can take medications for heart disease, blood pressure, seizures, anxiety, pain, asthma, COPD). DO NOT take aspirin products or non steroidal medications like ibuprofen, diabetes medications and blood thinners, see #5 & #6 on page 1.
- You are required to have a responsible adult to accompany you to and from the hospital. You will not be allowed to drive home after discharge.
- **If you use a portable CPAP or oxygen machine, please bring it with you.**
- Okay to take Tylenol for aches and pains.

Do not take diabetic medications or Lovenox in the morning. BRING ALL YOUR MEDICATION BOTTLES & LAB RESULTS.

() Unity Surgical Center
1411 South Creasy Lane
(Enter Lafayette Orthopedic Bldg.
Take elevator to second floor
Suite #200), Lafayette, IN 47905
Tel: 765.446.5000

() Franciscan St. Elizabeth Health East
GI lab (Endoscopy center) 1701 Creasy Lane, Lafayette, IN 47905
(enter through North Entrance) CALL 423-6160 TO
PRE-REGISTER on the day you get this sheet.
Tel: 765.502.4750 (Option 2)
NAME: _____

PLEASE CANCEL PROCEDURE 3 DAYS IN ADVANCE (807-0531) TO AVOID CHARGE of \$50. Please enroll in our Patient Portal (Follow My Health). Please go to our website, lafayettegastro.com and click on Patient Portal icon. This is a very important service, as notification of your test results will be done through the patient portal. Please request follow up appointment and you may send questions through the Patient Portal. Please call 765.446.5319 if you need assistance with enrolling in this service.