

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**

Two bottles of 32 oz. Gatorade (no red or orange) **or** drinking water (Diabetics use low sugar preparation.)

Preparation

1. You will need to **stop aspirin and Anti-inflammatories** for seven (7) days before your exam. Avoid Advil, Alka-Seltzer, Anacin, aleve, BC powder, Bufferin, Ecotrin, Excedrin, Ibuprofen, Etodolac, Feldene, Relafen, Celebrex, Midol, Motrin, and Naprosyn. Check with your doctor if you have any questions about medications. It is okay to continue Tylenol, ultram, hydrocodone, soma, lyrica and neuronotin.
2. You will need to **stop iron, vitamins, herbal medications, Metamucil, fish oil, medications like Meridia, Olestra, weight loss pills and supplements** for 7 days before your exam.
3. **Stop taking Coumadin (Warfarin)** for five (5) days before your exam. Please get an okay from your primary care doctor, cardiologist or neurologist to stop coumadin for the test (ask them, if you need lovenox).
4. **Stop taking Plavix (Clopidogrel), Effient** for five (5) days before your exam. Please get an okay from your cardiologist/neurologist/primary care physician.
5. **Please stop Savaysa, Eliquis and Xarelto 3 days before the test**, and stop **Pradaxa** for 4 days prior to the test, after discussing with your cardiologist.
6. Medications **allowed** the morning of your procedure with a few sips of water include:
 - Blood Pressure medication, Heart medications
 - Seizure medications.
 - Breathing medication, anxiety, depression medications, routine pain medications. (No aspirin or anti-inflammatory medications.)
7. Medications to **avoid**: Insulin or diabetic medication on the morning of your exam (check with primary physician).

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.**

Stop fatty and greasy food 3 days prior to procedure. If you have problems with constipation: Take 2 tablets dulcolax (bisacodyl) on _____ at 9 PM (2 days before procedure.) You can take the tablets as early as 9 AM, if you are planning on staying at home. Put the two 32oz bottles of Gatorade (or water) in 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)

Mix 238gm of Miralax in 2 bottles of 32oz Gatorade or water. Start drinking miralax at 5:00 p.m. and complete entire jug in 2 hours. **(You may start as early as 10am)**. 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 dulcolax (bisacodyl).**

Magnesium citrate 10oz at 9:00PM.

May continue to have clear liquids.

SET ALARM FOR 5 hours prior to reporting time. _____ A.M.

Day of Procedure _____ **(DO NOT CHEW GUM.)**

Take 2 tablets dulcolax (bisacodyl) 5-6 hours prior to reporting time, followed by at least 6 glasses of clear liquids (for late morning and afternoon procedures).

Stop all clear liquids at _____ A.M.

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

Please report at registration desk at _____ a.m./p.m.

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 #6 & #7 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 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)
Tel: 765.446.5000

() Franciscan St. Elizabeth Health East
GI lab (Endoscopy center) 1701 Creasy Lane, Lafayette
(enter through North Entrance) CALL 423-6160 TO
PRE-REGISTER on the day you get this sheet.

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.