

Colonoscopy 2-Day Prep

Please read all instructions at least 14 days before your procedure.

Please provide 72 business hours cancellation notice to avoid a \$75.00 cancellation fee.

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Location: \_\_\_\_\_ (See map on back)

Arrive at: \_\_\_\_\_ to register and prepare for procedure at \_\_\_\_\_ a.m./p.m.

(Date / Time Subject To Change)

CHECK WITH YOUR INSURANCE COMPANY: Ensure we are a participating provider, that your procedure is covered, and what your out of pocket cost will be. You may be required to get pre-certification and/or pre-authorization. Be sure to ask about any fees charged by the facility and anesthesiologist. Procedure code range is CPT 45378 through 45385, G0105 and G0121.

NO DRIVING: You cannot drive, use a taxi, or a bus after the procedure. You must be accompanied by an adult during your entire stay. If you fail to do so, the medical facility may cancel your appointment. You need someone to assist you for 24 hours after the procedure.

PURCHASE AT THE PHARMACY: The following over the counter medications: One (1) 10 oz Citrate of Magnesia, Eight (8) Dulcolax tablets & 1 MiraLax (polyethylene glycolax) 238 gram bottle. Also purchase 64 oz of non-red beverage, such as Gatorade or Powerade, 7Up, Sprite or ginger ale (diet or regular), lemonade or tea.

14 DAYS BEFORE THE PROCEDURE:

Stop taking all diet aids such as Phentermine, Hydroxycut, Slimquick or any natural diet supplements.

DIETARY INSTRUCTION:

- 1. 7 days before procedure stop eating raw vegetables, salads, popcorn, corn, black beans, nuts, seeds, and oatmeal.

MEDICATION INSTRUCTIONS:

- 1. Stop taking blood thinners (Aspirin 325 mg, Coumadin, Plavix, Pradaxa, Effient, etc.). We will contact prescribing physician to obtain clearance. We will inform you of the instructions.
2. 5 days before procedure stop taking all ibuprofen, Motrin, Glucosamine, fish oil, flax seed oil, Lovaza, iron, vitamin E, vitamin C, arthritis medications as well as multi-vitamins.
3. You may take Tylenol, Celebrex, Ultram, Methotrexate, anxiety medications, and Aspirin 81 mg.

TWO DAYS BEFORE THE PROCEDURE:

- 1. On this day, may have breakfast before 9:00 a.m. Then start clear liquid diet which includes black coffee or tea, clear fruit juices (apple or white grape), broth or bouillon, Jello, Popsicles and pop that do not contain red coloring.
2. 10:00 am: Drink one 10 oz bottle of Citrate of Magnesia.
3. 3:00 pm: Take 4 Dulcolax tablets.
4. Continue clear liquid diet.

ONE DAY BEFORE THE PROCEDURE:

- 1. Continue on clear liquid diet for breakfast, lunch, and dinner.
2. No later than 3:00 p.m., take 4 Dulcolax tablets.
3. No later than 5:00 p.m., mix the 238 gram bottle of MiraLax (polyethylene glycolax) in 64 ounces of non-red beverage. Shake the solution to dissolve the MiraLax. Drink an 8-ounce glass every 15 minutes until solution is gone. You may chill the solution if needed.
4. If nauseous during prep, stop for 1/2 hour. May try 1 tsp lemon juice mixed with 4 ounces of water for nausea. Restart prep after 1/2 hour.
5. If diabetic, take half your insulin dose.
6. You may continue drinking clear fluids until midnight.

\* IMPORTANT - CONTINUED ON BACK \*

## **ON THE DAY OF THE PROCEDURE:**

1. **If you are diabetic, do not take your morning dose of insulin or your oral diabetic medications.**
2. If you take any other medications, you may take them 3 hours before your arrival time with a small amount of water. Please take blood pressure and heart medications such as beta blockers and anxiety medications. **All fluids must be stopped 2 hours before arrival for the procedure.** Call the office if you have any questions about the medication instructions.
3. Bring all current insurance cards, a photo identification or valid driver's license. Also bring a current list of your vitamins and prescribed medications - including the name and dosage of each one - along with a list of any known drug allergies.
4. Please leave all jewelry and valuables at home.
5. Arrive at the facility at the time indicated at the beginning of instructions.

## **ITEMS TO BRING WITH YOU TO THE PROCEDURE:**

1. Insurance cards.
2. Photo I.D.
3. Responsible adult to drive you home. The driver must stay with you the entire time. No drop offs and pick ups allowed.
4. List of your current medications and allergies.