

COLONOSCOPY PREPARATION INSTRUCTIONS

Your colonoscopy is scheduled at the _____ and will take place on _____. Please arrive at **9050 E. 29th Street N, Suite 100** and check in no earlier than _____. Please bring your insurance card and a photo ID. There will be paperwork to complete when you arrive. If your insurance requires a referral, it will be the patient's responsibility to obtain that referral.

*****Please follow these instructions to prep for your procedure*****

Make sure you have the prescription for the colonic prep filled at the pharmacy before you begin!!

1. **The day before your procedure, you are only to drink clear liquids all day. Solid food is not allowed.** Clear liquids are defined as anything you can hold up to the light and see through without obstruction. Examples include: Water, Sodas, Kool-Aid, Gatorade (NO RED as it stains the colon!) apple juice, orange juice without pulp, coffee or tea without creamer, beef broth/chicken broth. No Jell-O or Dairy is allowed.
2. **The day before your procedure,** you will need to mix the colonic prep. The prep usually consists of a plastic jug containing the diarrhea-inducing powder at the bottom. Fill the container to the indicated line with water, shake well and put into the refrigerator to cool on the morning of the day before your procedure (you may mix flavored powder mixes with the prep for better taste; i.e. Crystal Light). Starting around 4:00 p.m. the afternoon before your procedure, start drinking the colonic prep. It may help to use a straw when drinking. It should **be completely finished** within 4-6 hours. Drinking this prep will give you electrolytes and keep you hydrated while also inducing diarrhea to clean out your colon. After you have consumed **all of the prep**, your bowel movements should be liquid with little, if any, particles in it, appearing light brown or light yellow.
3. **Do not drink anything after midnight** (eating should have stopped at midnight the previous night).
4. Take your medications as usual the day before, the day of, and the days following the procedure. When taking your medications the morning of the procedure, take them early with only a few sips of water.
5. ****The medications that should be held five days before the procedure, after approval by the physician who prescribed them to you,** include the following: Coumadin/Warfarin, Effient, Plavix, Pradaxa, or any other blood thinner. Five days before the procedure discontinue any Aspirin, Aleve, Ibuprofen, any iron supplements such as ferrous sulfate or any other non-steroidal anti-inflammatory drug (NSAID) that you may be on for arthritis, aches and pains. You may use Tylenol. In certain cases, you may continue your aspirin, Coumadin and/or blood thinner after discussing the matter with the physician or health care provider instructing you.
6. **If you are a diabetic,** you may take your diabetes medications, whether oral or injectable, as usual or at half strength on the day prior to the procedure. The amount of your medication will be based on your blood sugar readings, and whether or not your clear liquid diet included sugared or "diet drinks." However, on the morning of the procedure, since you will not have had anything to eat or drink after midnight, you should hold the anti-diabetic medications, whether oral or injectable. You should resume those normally after the procedure when you have returned to a normal diet.
7. **On the day of your procedure, you should plan on being here around 3 hours** from the time you walk in until the time you leave. However, please understand that there are sometimes unexpected delays that may occur. You'll need a family member or friend to stay with you and drive on the day of your procedure since you will be receiving sedation; a cab is not acceptable. **YOUR DRIVER MUST BE PRESENT THE ENTIRE TIME YOU ARE HERE FOR YOUR PROCEDURE.**
8. After your procedure you should rest; avoid driving, drinking alcohol, operating heavy machinery, making any major decisions, or signing any legal documents.
9. **EFFECTIVE JULY 15, 2012 THERE WILL BE A \$50 CHARGE FOR ANY PROCEDURE APPOINTMENT MISSED, CANCELED, OR RESCHEDULED WITHOUT A 48 HOUR NOTICE.**