

## BASIC COLONOSCOPY PREP INSTRUCTIONS

PREP INSTRUCTIONS - Please READ and FOLLOW CAREFULLY!

### **ATTENTION!**

### **READ ALL THIS INFORMATION NOW!**

You may NOT drink anything 4 hours prior to procedure.

Please contact us immediately, or at least two days in advance, at (855)IGH-APPT OR (855)444-2778 IF YOU NEED TO CANCEL OR RESCHEDULE an appointment.

Name:

Appointment Date:

Arrival Time:

Doctor:

Location:

**For your safety, all body piercings, including earrings and any metal jewelry must be removed before your procedure.**

Please fill out the health history form on the IGH Patient Portal upon initial log in. If you need access to the patient portal, please call the office.

**SEDATION:** YOU MAY NOT LEGALLY DRIVE AFTER BEING SEDATED. YOU MUST HAVE A RESPONSIBLE ADULT (18+) TO DRIVE YOU HOME. WE CANNOT RELEASE YOU TO YOURSELF OR TO A STRANGER SUCH AS A TAXI DRIVER OR DRIVER SERVICE. We ask that this person **REMAIN IN THE WAITING ROOM** if at all possible. Thank you for your cooperation.

**INSURANCE:** It is the patient's responsibility to bring his/her insurance card, notify us of any insurance changes & obtain referrals if required.

**BOWEL PREP:** DO NOT take additional laxatives without physician approval. (When you have completed your prep, your liquid bowel movements may be lightly colored yellow or green - this is not unusual and no cause for concern.)

**PLEASE PICK UP YOUR PREP WITHIN 10 DAYS OF SCHEDULING OR RISK THE PHARMACY RESHELVING YOUR PRESCRIPTION.**

Your prescription:

Has been faxed to your pharmacy

A sample is available at the office for pickup

Is over the counter and can be purchased at your local pharmacy

We will make every effort to keep your appointment; however, it is sometimes necessary to make adjustments to the schedule. Emergencies and unexpected medical findings may cause your physician to run late. We will make every effort to keep you informed while you are here. Your cooperation is appreciated.

- If you have any questions or concerns, please call our office at (855)444-2778.

### **Health Conditions:**

*If you have the following condition, please read and follow these instructions:*

#### **Diabetes:**

- Call the doctor who manages your diabetes.
- Tell them you are having a colonoscopy and will be on a clear liquid diet the day before the colonoscopy.
- Ask how you should take your diabetic medication. Since you will be on a restricted diet, your diabetic medication may need to be adjusted.
- Please check your blood sugar at home, if you have the equipment to do so, and bring the results with you.

#### **Medications:**

**COUMADIN/WARFARIN patients:** If you have not previously informed us that you are taking this medication, PLEASE CALL OUR OFFICE IMMEDIATELY to alert our scheduling staff.

**OTHER BLOOD THINNING MEDICATIONS:** If you take Plavix, Persantine, Pletal, Arixtra, Heparin, Aggrenox, Ticlid, Lovenox, Xarelto, Brilinta, Eliquis, Pradaxa, or Effient, and have not previously informed us, PLEASE CALL OUR OFFICE.

**WEIGHT LOSS MEDICATIONS:** Patients taking Adipex (Phentermine) will need to stop 5 days prior to procedure. If you do not stop this medication, your procedure will be subject to cancellation.

**Daily medication:** Prescribed medications (i.e. blood pressure, heart or breathing medicine) should be taken as usual on the day of the procedure with a sip of water. Other medication may be resumed after your procedure. If you use a rescue inhaler for a breathing condition, please bring it with you.

**After your procedure:** Your physician will speak with you after your procedure. You may not remember this because of the sedation you will have received. With your permission, your family or friend responsible for signing you out may be in the recovery room with you. You will be given printed instructions about resuming your activities and any follow-up care your physician recommends.

## **SUTAB BOWEL PREP**

### **On the day BEFORE your procedure:**

- **NO SOLID FOOD OR DAIRY PRODUCTS ALL DAY.**
- DRINK ONLY CLEAR LIQUID FOR BREAKFAST, LUNCH AND DINNER. You may have as much CLEAR LIQUID as you like.

### **Clear liquid diet suggestions:**

- Water
- Clear fruit juice without pulp
- Apple juice, white grape juice
- Gatorade and power aid
- Coffee and Tea without dairy products
- Popsicles (no red or purple)
- Jell-O (no red or purple)
- Carbonated beverages, i.e. Sprite, Coca Cola, and Pepsi etc.
- Clear broth or bouillon
- **NO RED OR PURPLE COLORED LIQUIDS**
- **NO DAIRY PRODUCTS**
- **NO ALCOHOLIC BEVERAGES**
- **NO MARIJUANA USE OF ANY KIND FOR 6 HOURS PRIOR TO ARRIVAL**

### **Follow THESE instructions for drinking the prep (DISREGARD package instructions):**

1. At **4 p.m** open one bottle of 12 tablets. Fill the provided container with 16 oz of water up to the fill line. Swallow each tablet with a sip of water until all twelve tablets are gone. Finish drinking the remaining water in the container over a period of 15 to 20 minutes.
2. Drink 2 more 16oz. containers of water over the next one hour and take 250 mg of Simethicone (Gas X, Equate).
3. **If you experience nausea, vomiting, or bloating STOP drinking the additional water and rest for 1 hour. Resume drinking the remaining water at a slower rate.**
4. Remain close to the restroom facilities. Bloating may occur, but should be resolved once you start having bowel movements. Be sure to continue drinking clear liquids to avoid dehydration.

**On the day of your procedure:**

1. Remember **NO** solid food or dairy products.
2. **6 hours before your arrival time**, at \_\_\_\_\_, open the remaining bottle of 12 tablets. Fill the provided container with 16 oz of water up to the fill line. Swallow each tablet with a sip of water until all twelve tablets are gone. Finish drinking the remaining water in the container over a period of 15 to 20 minutes.
3. Drink 2 more 16 oz. containers of water over the next hour and take 250 mg of Simethicone.
4. **STOP DRINKING 4 HOURS BEFORE ARRIVAL. DO NOT DRINK ANYTHING MORE**, with the exception of your daily heart, blood pressure or breathing medications. These should be taken as you normally would with a sip of water.