



COLONOSCOPY INSTRUCTIONS

Patient Name: _____ DOB: _____
Arrival Time: _____ Procedure Date: _____
Physician: _____
Location: _____

OFFICE PHONE NUMBER 610-374-4401~ HOURS 8:00 AM – 5:00 PM

IF YOU DO NOT SHOW UP FOR YOUR PROCEDURE, YOU WILL BE RESPONSIBLE TO PAY A \$100 NO SHOW FEE

YOUR MEDICATION INSTRUCTIONS: INITIAL HERE _____

- Stop taking medications with Iron 5 days prior to the procedure.
- Continue all prescribed medications unless otherwise instructed, including aspirin.
- Stop any blood thinning medications only if you were instructed to do so.
- Take your medications 4 more hours before your scheduled procedure with a sip of water. If you cannot take them prior to 4 hours before your procedure, please wait until after your procedure.
- Please cease all medical and recreational smoked or vaporized cannabis (weed) 12 hours prior to surgery. Ingested cannabis or CBD oil must be stopped 8 hours prior to surgery.
- **DO NOT drink any fluid within 4 hours of your procedure or it may be rescheduled.**
- If you are on insulin, you need to talk to the provider that monitors your glucose levels for instruction on regulating the medication prior to your procedure. If you are on oral diabetic medications, take your medicine in the morning on **PREP DAY**, but **NOT** in the evening on prep day or on **EXAM DAY**.
- **SPECIAL MEDICATION INSTRUCTIONS:** _____

WHAT IS A COLONOSCOPY?

A colonoscopy is a test that allows the physician to examine the lining of the large intestine with a thin flexible instrument. Polyp or small growth can be removed to prevent colon cancer. Biopsies can be taken to diagnose other diseases.

1. An intravenous (IV) catheter will be inserted into a vein in your arm to provide hydration and medication to keep you asleep during your procedure.
2. You will receive nasal oxygen. We will monitor your heart rate, blood pressure and blood oxygen levels throughout the procedure.
3. Air or carbon dioxide and water will be placed into your colon during the exam. It is normal to expel these after the procedure.
4. You will rest in the recovery room after the procedure until you can tolerate liquids, walk unassisted, and have stable vital signs.

THE ENTIRE PROCESS TAKES ABOUT 2 HOURS

If the start of your procedure is delayed, we will do our best to keep you informed. Rest assured that during your colonoscopy you will receive the highest quality of care. In the event of medical need, you may require hospital admission.

PREPARATION: 1 Week before your procedure

You will receive anesthesia during the procedure, so a responsible adult **MUST** accompany you to your colonoscopy. This person **MUST** bring you to the office, stay in the building the entire time, then bring you home. The side effects of anesthesia are sometimes dizziness, forgetfulness and sleepiness, therefore:

- You may NOT be dropped off for your procedure.
- A responsible adult must accompany you and stay with you if you take public transportation.
- Bus, taxi, shuttle or UBER drivers CANNOT be your responsible driver.
- If you do not have a responsible adult to accompany and stay with you, your procedure will be rescheduled.
- Medication: see page 1

Purchase Prep

For your convenience, a Colonoscopy Prep Kit can be purchased at the office. This kit includes the necessary prep, Simethicone and 4 laxative tablets. **Please read directions carefully when mixing your prep.**

Or you may purchase your own:



MiraLAX (Polyethylene glycol) Laxative Powder (2 (two) 238grams or 8.3oz bottles)

This will be mixed with 96 oz of clear liquid of your choice:

- *Clear juice- apple, white grape, lemonade
- *Gatorade or similar sports drinks~ **AVOID Red or Purple**
- *Kool Aid, Crystal Light

Bisacodyl (Dulcolax) – 4 (four) 5mg tablets

Simethicone (Gas-X) – 2 (two) 125mg tablets

PREPARATION: 2-3 Days before your procedure

DO: Drink plenty of fluids- at least eight 8oz glasses a day.

This will avoid dehydration, make the prep work more effectively and make you feel better overall.

DO NOT: Do not eat any of the following foods, as they can remain in your colon after the completion of your preparation:

Seeds	Whole Grains	Corn	Nuts	Beans
Peels of fruits and vegetables	Oatmeal	Peas		

A successful colonoscopy is a collaboration between you and your physician. Following the instructions is necessary so the physician can properly perform the procedure.

Failure to follow these directions may result in a poor prep and the need for your procedure to be repeated or rescheduled.

- **Medications:** -Review any personalized instructions on page 1

- **Responsible Adult:** - Review requirement for the person accompanying you to your procedure on page 2. **Remember, a responsible adult must accompany you to your colonoscopy and stay until discharge.**
- **Other Items:** - Wear comfortable clothes. You may feel bloated after the procedure.
 - Leave valuables at home or with the adult accompanying you.
 - Remove all jewelry, including body piercings.

PREPARATION: The day before your procedure

NO Solid Food Starting at 12 noon today

Before 12 noon: **The day before your procedure**

Eat a fiber-free breakfast including any of the following:

- 2 fried or boiled eggs ½ cup of milk 2-3 slices of white bread
- ½ cup yogurt (not red or purple or with pieces of other foods)
- 1 tablespoon butter or olive oil up to 2 slices of cheese

After 12 noon: **The day before your procedure**

NO Solid Food ~~Follow a diet of **CLEAR LIQUIDS ONLY**~~

- Water Coffee Tea (without milk or cream) Kool Aid, Crystal Light
- Clear juice apple, white grape, lemonade (no pulp) Broth/ bouillon
- Gatorade or similar sports drinks (**NO RED OR PURPLE**)
- Carbonated soft drinks- Coke, Sprite (regular or diet)
- Jell-O (no added fruit or toppings) Popsicles **NO RED OR PURPLE**
- **NO Alcohol, Dairy drinks, Juice with pulp ~~~ NO RED OR PURPLE**

2 pm the day before your procedure **NO SOLID FOOD**

Take four 5mg Dulcolax (Bisacodyl) Tablets with 8 oz of water. Prepare the prep. If you purchase your prep in the office, mix 2 of the Gatorade powder packets with 1 (one) bottle of MiraLAX (Polyethylene glycol) 238grams in 64oz container provided fill container with water. If purchased on your own mix 1 (one) entire bottle of MiraLAX (Polyethylene glycol) 238g in 64oz of clear liquid. Please do not mix with just water.

Find a nearby bathroom!

4pm-6pm the day before your procedure **NO SOLID FOOD**

First dose of liquid prep (64oz) ~ Drink 8oz's of liquid prep every 20 minutes for 2 hours and 15 minutes while also drinking four to eight 8oz glasses of clear liquid. Try your best to do this to prevent dehydration.

Preparing Second Dose: If you purchase your prep in the office, mix 1 of the Gatorade powder packets with half a bottle of MiraLAX (polyethylene glycol) 119g in 64oz container provided. Fill container halfway with water (32oz). ~~If purchased on your own, mix half a bottle of MiraLAX (polyethylene glycol) 119g in 32oz of clear liquid. Please do not mix with just water.

6 Hours prior to appointment: ~~NO Solid Food~~

~Second Dose of Liquid Prep (32oz)~ Drink 8oz's of liquid prep every 15-30 mins for 1-2 hours while also drinking four to eight 8oz glasses of clear liquid. Take 2 Simethicone (Gas-X) tablets after completing the MiraLAX (Polyethylene glycol) drink.

~Try your best to do this to prevent dehydration. The goal is to have slightly yellow and liquid stools.

4 Hours Prior to appointment: ~~NO Solid Food or Drink~~

All prep and clear liquids MUST be completed 4 hours prior to your appointment.

This is the time when all morning medications should be taken or wait until after your procedure.

NO additional liquids or your procedure may be rescheduled.

NO hard candy, chewing gum or medications ~~Nothing by mouth~~

AFTER YOUR COLONOSCOPY

For routine questions, call our office at 610-374-4401 between 8am and 5pm.

IF YOU HAVE AN URGENT CONCERN, CALL 610-374-4401 TO REACH OUR ON CALL PHYSICIAN AFTER HOURS

- Rest and relax for the remainder of the day
- We recommend that a responsible adult stay with you for 24 hours following your procedure.
- Resume your normal diet slowly and as tolerated.
- A feeling of fullness or cramping from remaining air or carbon dioxide may occur. This is totally normal. Mild activity such as walking will help to expel any excess gas. Lying on your left side or directly on your stomach may also help.
- Do not drive or operate any machinery, sign any legal documents, or make critical decisions or return to work until the next day.
- Do not drink alcohol or take any unprescribed medications.
- Mild abdominal discomfort or a small amount of rectal bleeding is not unusual after the procedure. However, if you experience significant pain, rectal bleeding, fever and vomiting or any other worrisome symptoms please notify your physician immediately.
- Follow up with your physician's recommendations for continued colon health.

IMPORTANT

72 HOURS NOTICE IS REQUIRED FOR CANCELLATION

IF YOU CANCEL LESS THAN 72 HOURS BEFORE YOUR PROCEDURE, YOU WILL BE CONSIDERED A NO SHOW AND CHARGED A \$100 FEE.

THIS FEE IS NOT COVERED BY INSURANCE