

Patient Name:

DOB:

Procedure Date:

Arrival time: Determined by **Seaside
Endoscopy Ctr 302-703-3185**

Colonoscopy Preparation Instructions

*You **must** be accompanied by a friend or relative to drive and assist you at home. We **WILL NOT** discharge you to a cab, bus, or other transportation service without having a responsible party with you. You may not drive until the day after your procedure.*

Preparing for your Exam: What to Bring

- Completed Health History Forms supplied to you by USDH
- Any vitamins and supplements you take
- Your insurance card and photo ID

Blood Thinners/Anticoagulation

If you are on an **anticoagulant/blood thinner** our team will call you with instructions after contacting your prescribing physician. **If you have not heard from our office 1 week prior to your procedure, please contact us at 302-645-6698 Opt 6**

Medication and Other Instructions

- Do not take Iron supplements for 1 week prior to the procedure date (multi-vitamins are OK)
- Do not take water pills/diuretics on the day of the procedure (HCTZ (hydrochlorothiazide), Lasix (furosemide), Dyazide, Diovan HCT (spironolactone))
- Heart, Blood Pressure, Thyroid, Seizure and/or Anxiety medications **CAN** be taken on the day of the procedure with a **sip** of water 2 hours prior to arrival time
 - **Asthmatic patients:** Bring your inhaler to the procedure
- **Diabetic patients: Stop GLP 1 medications 1 week prior. You can take other diabetic medications.**
- **DO NOT** use cannabis 12 hours prior to the procedure
- **Remove** ALL facial piercings prior to arrival for the procedure

IMPORTANT NOTE:

- Follow the prep instructions provided on the attached and **NOT** the instructions included in the prep packaging
- Prep instructions, patient forms and FAQ's can be found on our website:
www.usdigestivehealth.com

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Endoscopy Ctr 302-644-3852

PM Prep

4 Liter Glycol / Electrolyte (TriLyte, Nulytely, Golytely)

The Day Before Your Procedure:

- You may eat a light breakfast until 11:00am. (scrambled eggs, plain white toast. NO whole grains, cereals, oatmeal, etc.)
- You may not have any solid food after 9 am – ONLY CLEAR LIQUIDS.**
- Take all your normal prescription medications, **unless advised otherwise**
- Prepare your bowel prep** solution in the morning. With lukewarm water, fill the container to the designated line and add a flavor packet. Shake well and refrigerate.

At 6:00 PM

- ☐ Yes ☐ No Take 4 Dulcolax 5mg (bisacodyl) Laxative tablets with 8 oz of water (2 hours before your first dose prep)

At 8:00 PM

- Drink half of the preparation, 8 ounces every 10 – 15 minutes
- It is best to drink each glass rapidly rather than sip it. Drinking the solution through a straw may also improve your tolerance for this bowel prep.

Day of your procedure

4 hours prior to appointment time:

- Drink the second dose of your preparation, 8 ounces every 10 – 15 minutes
- All prep and clear liquids must be completed 4 hours before arrival time. No additional liquids, hard candy, chewing gum after 8:30am.**

Approved Clear Liquids

- Water and soda
- Tea or coffee (no milk or cream)
- Clear broth (beef, chicken or vegetable)
- Clear light-colored juices or sport drinks
- Popsicles without fruit or cream
- Jell-O / gelatin without fruit

Avoid these liquids

- Red or purple liquids
- Milk or cream
- Alcoholic beverages
- Orange, grapefruit and tomato juice
- Soup other than clear broth

Contact us in advance if there are any changes to your insurance. We may need to obtain prior authorization or approval from your insurance company.

If you are unable to keep this appointment, call our office ASAP at 302-645-6698 or 302-644-3852

US Digestive Health at Lewes
1309 Savannah Road | Lewes, DE 19958 | Phone: 302-645-6698 | Fax: 302-645-4505

Prep instructions, patient forms and FAQ's can be found on our website: www.usdigestivehealth.com

Directions can be found at Seasideendo.com

All start times are determined by Seaside Endoscopy Center @ 302-703-3185. Seaside will contact you 24-48 hours prior to procedure date.