

GASTROENTEROLOGY, LTD.

COLONOSCOPY PREPARATION INSTRUCTIONS

Please read all instructions at least 5 days prior to examination.

5 DAYS BEFORE YOUR COLONOSCOPY – PLEASE REVIEW YOUR MEDICATIONS

- If you take **Coumadin (or other anticoagulants) or Plavix (or other anti-platelet agents)**, you would typically hold these for 5 days prior to your colonoscopy. You should have been given specific instructions from your doctor(s) about how to manage these medications around the time of your procedure.
- If you take iron supplements (ferrous sulfate, ferrous gluconate, etc.) stop taking them.
- If you take daily aspirin to decrease your risk of cardiovascular disease, do **NOT** stop prior to colonoscopy.
- If you take oral medications for diabetes, take a half dose of your usual diabetes medications in the morning and evening the day before procedure. If you take insulin, you should have had an office visit and received specific instructions about how to manage your insulin around the time of your procedure.
- On the morning of your procedure, take all other morning medications at least 3 hours prior to your procedure.

3 DAYS BEFORE YOUR COLONOSCOPY

- Stop eating high fiber foods (seeds, nuts, whole grains, fibrous fruits and vegetables).
- If you are constipated, start taking MiraLAX 17g twice daily.

1 DAY BEFORE YOUR COLONOSCOPY.

- Drink only clear liquids. **DO NOT** eat any solid food or drink any liquids that you can't see through

Examples of allowed Clear Liquids

Water	Gatorade
Apple Juice	Soft Drinks (including coke & pepsi)
White Grape Juice	Tea
Chicken or Beef Bouillon	Coffee (no milk, may use sweeteners)
Jell-0	Popsicles

Note: No Milk or Milk Products. No Red or Purple Colored Liquid

PREP A: Gatorlax- Purchase an 8 oz bottle of MiraLAX powder and a 10oz bottle of Magnesium Citrate over the counter from a pharmacy. You will also need two 32oz bottles of Gatorade (No Red or Purple)

_____ The day before procedure, at 4:00 pm, drink the 10oz bottle of magnesium citrate.

_____ At 6:00 pm. Mix half of MiraLAX (4 oz) in 32 oz of Gatorade and drink within 2 hours.

_____ The day of your procedure, 5 hours before, Mix half of MiraLAX (4oz) in 32 oz of Gatorade and drink within 2 hours. If you feel sick, stop drinking the prep and then resume it when you feel better. Complete your entire prep. **Do Not drink anything 3 hours prior to procedure. This includes water.**

You are to have NOTHING BY MOUTH AT LEAST 3 HOURS PRIOR TO YOUR ARRIVAL. THIS INCLUDES WATER, GUM, MINTS, AND HARD CANDY. No oral tobacco product the day of your procedure. Failure to follow these instructions could result in postponing or rescheduling your procedure.

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Location of Procedure:

Location A: Colon Cancer Prevention and Endoscopy Center of Virginia Beach, 1101 First Colonial Road,
Please go to Suite 400, 4th floor.

Location B: Sentara Virginia Beach General Hospital, 1060 First Colonial Road, **Directions can be found on our webpage under "contact us."**

Patient Name: _____

Date of Procedure: _____

Check-in time: _____

Performing Doctor: _____

If you have any questions, problems, or feel you may be ill with cold, flu or respiratory infection, please call us at 481-4817, option 5. After hours, call 481-4817 and ask to speak with the on-call doctor. If cancellation is necessary, please notify our office at least seventy-two (72) hours before. Please be aware that we have reserved a physician, three nurses and equipment for your procedure. Without adequate notice, there will be a \$100 cancellation fee. Thank you for your cooperation.

Please arrange for transportation on the day of your procedure. Our policy requires a responsible adult escort you to and from the Endoscopy suite and drive you home. Your driver is required to be onsite for us to start the procedure and they MUST remain in the lobby for the duration of your procedure. You may not meet your ride in the parking lot. They need to be here to sign you out of the endo unit. Public transportation or taxicabs are NOT ALLOWED -unless you are accompanied by a responsible adult.

Please DO NOT apply any lotion, cologne or perfume prior to the procedure. For safety reasons please DO NOT wear any jewelry to your procedure and leave all valuables at home.

Our office will obtain a pre-authorization from your insurance company for your procedure; however, you are responsible to verify your insurance benefits. Please bring your insurance information and co-pay on the day of your procedure.

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