

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 on the day of the prep and morning of the 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-O	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.**

- PREP B: NuLYTELY or GoLYTELY**

Take your prescriptions to the pharmacy and purchase NuLYTELY/GoLYTELY.

_____ **The day before procedure**, Mix the NuLYTELY/GoLYTELY as directed and refrigerate.

At 5:00 pm, begin drinking 32oz of the NuLYTELY/GoLYTELY solution. Drink 6oz every 15-30 minutes, within 2 hours. You may drink other clear liquids during this process.

_____ **The day of procedure**, at 5:00am, drink remaining 32oz of NuLYTELY/GoLYTELY.

Complete your entire prep. **Do Not drink anything 3 hours prior to procedure. This includes water.**

- PREP C: Other Prescription Preps – MoviPrep, Suprep, etc.** - review separate instructions.

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 products 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 web page 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.

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 onsite 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.

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.

For safety reasons please do not wear any jewelry to your procedure and leave all valuables at home
If cancellation is necessary, please notify our office at least seventy-two (72) hours before by calling 481-4817, option 2. 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

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Frequently Asked Questions

Before the Procedure Prep Related Questions:

Q. What time should I start my prep?

A. See instruction sheet

Q. Is there anyway I can make this taste better?

A. You can try sucking on hard candy, or you can rinse your mouth with water, mouthwash or any other beverage listed on the clear liquid diet.

Q. Why should I avoid red liquids?

A. The red color can stay in the colon and potentially look like blood.

Q. One of the medications I was instructed to take the morning of my procedure is red, is it OK to take it?

A. Yes. Medications for blood pressure, heart problems and seizures should be taken the morning of your procedure regardless of their color.

Q. I feel like vomiting and don't think I can drink any more. What should I do?

A. Without a clean bowel, the doctor will not be able to see the inside of your colon to complete the examination. Walking and other activities usually decrease nausea. Some patients prefer to remove the prep from the refrigerator a half-hour before they are scheduled to start drinking it. If you do vomit or feel nauseated, wait 45 minutes and begin drinking the solution again. If not improved, please call us.

Q. I drank most of the solution but have not gone to the bathroom yet. What should I do?

A. Most people have a bowel movement after an hour some patients take 2 hours or longer. If you feel bloated or nauseated, wait 30-45 minutes and resume drinking the solution. If you still have not had a bowel movement after drinking all of the solution, call us for further instructions.

Q. Is the prep the only liquid I need to drink prior to the procedure?

A. No, please drink an additional 4 to 8 glasses of liquids so you do not become dehydrated. The colon prep liquid is to clean out the colon, not to replace fluid loss.

Q. I am taking the prep and now have loose, watery stools. Do I still need to take the rest of the prep?

A. Yes, you may have solid stool higher in the colon that needs to be eliminated as well.

Q. I already have diarrhea before taking the prep, do I still have to take the laxative?

A. Yes, you must take the prep as directed by your doctor. Your colon is approximately 6 feet long, and your entire colon must be emptied for your physician to see it clearly.

Q. I see yellow color in the toilet bowl and a few flecks. What do I do?

A. If you drank the entire solution or if your last bowel movement was clear enough to see the bottom of the toilet, you should be fine. It is OK if you have some flecks of material. The yellow color is the result of bile that normally colors the feces. This shouldn't interfere with the examination.

Q. My bottom is very sore. What can I do?

A. To clean the area, avoid rubbing, but gently pat with a wet washcloth. Apply Vaseline TM, Preparation H TM, or Desitin liberally.

Q. Is it OK to drink alcoholic beverages?

A. We strongly suggest you do not drink any alcoholic beverages prior to your procedure since they can cause dehydration, and some wines may thin your blood.

Q. Can I chew gum or suck on candy?

A. Yes, but no hard candy with soft centers or anything with red colors

Q. Can I brush my teeth?

A. Yes

Q. Can I wear my dentures?

A. Yes, you may wear your dentures to the Endoscopy suite. However, you may be asked to remove them prior to the procedure.

Q. I have been instructed not to take anti-inflammatory or blood thinner medications several days before the procedure. What can I take for headaches and pain relief?

A. You may take Tylenol as directed.

Q. Can I have chicken soup?

A. You may have the broth, but no chicken, noodles or vegetables are allowed.

Q. Is it OK to have the colonoscopy during my menstrual cycle?

A. Yes, the procedure can still be performed. You may use a tampon during the procedure.

Q. How can I find out when I am due for a follow-up procedure?

A. You will receive a reminder notice from our office 1-2 months prior to the time you should have your screening procedure. The notice will ask you to call our office to schedule the needed procedure. If you do not receive a notice when you feel you should or have any questions, it is always best to call the office and ask to speak to a Procedure Scheduler.

***If you have any questions or problems, please call us at 481-4817, option 5.
After hours, call 481-4817 and ask to speak with the on-call doctor.***