

COLONOSCOPY INSTRUCTIONS

- **YOU WILL BE SEDATED – YOU CANNOT DRIVE YOURSELF HOME AFTER THE PROCEDURE**
- **A RESPONSIBLE ADULT (OVER 18) MUST TAKE YOU HOME AND STAY WITH YOU FOR 24 HOURS**
 - NO BUS, NO TROLLEY, NO WALKING HOME.
You can use Medical Transport, UBER or LYFT if you have a responsible person riding with you.
- **YOU CANNOT WORK, DRIVE, GO TO SCHOOL OR APPOINTMENTS FOR 24 HOURS**
- **WHAT TO BRING WITH YOU:**
 - PHOTO ID & ALL INSURANCE CARDS
 - A LIST OF YOUR CURRENT MEDICATIONS
- **BILLING/INSURANCE:**
 - You may have a co-pay or co-insurance due at the time of your procedure. Please call your insurance provider if you have questions about your coverage or what your co-pay amount will be.
 - Cancellations/No-Shows: If you cannot make your scheduled appointment, please call the office at 619-522-0399 as soon as possible.
Any cancellations less than 48 hours prior will be charged.

7 DAYS BEFORE YOUR PROCEDURE:

Stop all iron supplements and fill your prescription for your preparation solution (Golytely, Moviprep, etc)

5 DAYS BEFORE YOUR PROCEDURE:

Avoid nuts and any foods containing seeds

Stop any blood-thinning medicines (Coumadin/Warfarin, Xarelto, Aggrenox, etc) unless directed by your Doctor

THE DAY BEFORE YOUR PROCEDURE:

YOU CANNOT EAT ANY SOLID FOODS ALL DAY. YOU CAN EAT A CLEAR LIQUID DIET.

SOME SUGGESTIONS ARE: SPORTS DRINKS, BROTH, JELLO, POPSICLES (*Avoid anything red or purple in color*)

- ***IN THE MORNING:*** Add water to the fill line of your prep solution, shake well until all powder is dissolved and then refrigerate. If your prep came with a flavor packet you can add it at this time. Take your usual medications (see restrictions above). Diabetic patients - take ½ your usual dose.
- ***BETWEEN 2PM AND 4PM:*** **Start your prep!** Drink at least an 8oz glass of the solution every 15-30 minutes.
- ***IF YOUR PROCEDURE IS SCHEDULED BEFORE 12:00 PM THE NEXT MORNING,*** keep drinking until the solution is gone.

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- ***IF YOUR PROCEDURE IS SCHEDULED AFTER 12:00 PM THE NEXT MORNING***, keep drinking until **HALF** the solution is gone. Then restart drinking the rest of the solution in the morning of the procedure at 6:00 am until it is gone.
- We recommend that you drink each glass rapidly instead of taking small sips – a drinking straw may help. Adding individual flavor packets such as Crystal Light or Gatorade can help with the taste. Remember to avoid anything red or purple in color. Finish all of the solution before you go to sleep that night. It is very important that you take ALL of the prep. Do not assume because you “seem clear” that only taking part of the prep is ok.

A feeling of abdominal “fullness” and nausea is common after the first few glasses of the solution. This is usually temporary and gets better once you start to move your bowels. Stay close to the bathroom – you will be having very frequent bowel movements. You can use baby wipes to help with the discomfort from frequent wiping

If you have severe continuous abdominal pain OR you vomit the prep more than 2 times, stop and call the doctor’s office 619-522-0399

THE MORNING OF YOUR PROCEDURE: DO NOT EAT OR DRINK ANYTHING

By signing this I agree that I have received and understand these instructions:

Print Name

Date

Signature

Witness