

COLONOSCOPY INSTRUCTIONS

PLEASE FOLLOW THESE INSTRUCTIONS CLOSELY

PLANNING FOR YOUR PROCEDURE

- You **MUST** have a responsible driver to take you home. Over the age of 18. You may not take a bus, taxi, or Uber or Lift. If this driver will not remain in the center the whole time you are here, they must have a cell phone **AND** be available to come back to get you as soon as we call them. You may plan **APPROXIMATELY** 2-3 hours total from the time you arrive until you are ready to go home, this is just an approximation.
- You will receive a phone call from the **ENDOSCOPY** center 1-2 days prior to your procedure to review your medical history and all your medications, we will also confirm your arrival time to the center, this time **MAY BE DIFFERENT** from the time you receive from the medical office when you schedule your appointment.
- Please review all the instructions prior to the phone call, so we may address any questions or concern you may have.
- **YOU MUST INFORM** your physician if you are taking any BLOOD *THINNING* MEDICATION, such as: **Aspirin, Coumadin, Warfarin, Plavix, Effient, Aggrenox, Heparin, Pradaxa, Xarelto, Eliquis, Savaysa or a blood thinner not listed.**
- **Stop NSAIDS** (Non-steroidal Anti-inflammatory medications) such as **Motrin, Advil, Aleve, Ibuprofen, Celebrex, Naprosyn, Excedrin 7 days prior to procedure.** If you are taking a prescribed NSAID, please discuss this with the physician.
- **Stop all herbal medicines and supplements beginning 7 days prior to procedure**
- **Stop eating nuts, seeds, whole grains and popcorn beginning 5 days prior to procedure**
- If you have any difficulty tolerating the preparation, please contact the medical office that you scheduled your appointment. If you reach them after business hours or on the weekends, the on call physician will be reached or you can leave a message with the answering service.

The DAY BEFORE your procedure

- You must stay on a clear liquid diet **ONLY**. **NO** solid foods at all from the time you wake up the day before your Colonoscopy. Please see attached list of ideas of clear liquids.
- You will begin your bowel prep in the evening the day before your Colonoscopy. Please follow the prep instruction that has been given to you by the medical office at the time of your scheduling. Do not follow instructions given by a pharmacist or on package inserts. Attached you will see a list of different bowel preps, please follow the prep you have been given.
- Please keep hydrated. We encourage you to drink plenty of fluids the day before your colonoscopy. Please do not have anything **RED** or **PURPLE** in color. No dairy products, or nectar type liquids.
- You may take all scheduled medications the day before your procedure unless otherwise instructed.

The DAY OF your procedure

- **Second Prep portion:** Please complete the second portion of your bowel prep and any further liquids at least 4 hours before your arrival time, failure to do this may result in a delay for your procedure. Please do not have ANY fluid at all within 4 hours of your arrival time.
- **IF you take heart, blood pressure medications or seizure medications** you may take those the morning of your procedure with a small sip of water.
- **IF you are a diabetic**, you will be instructed to HOLD your diabetic medications the morning of your procedure. Please check your blood sugar prior to your arrival, we will ask for the reading.
- Do not wear jewelry, perfumes or lotions. Leave all valuables at home, except for your Driver's License, Insurance card and reading glasses if you require them. You will have multiple documents to sign upon your arrival.
- You will check in at the reception area where you will sign several documents. You will then be called to the Pre-Procedure area, where you will sign you consent for the procedure and we will review your medications and history as well as your vital signs and start a small IV.
- Your Anesthetist will speak with you prior to your going to the procedure room, where you will have any questions regarding your sedation answered and you will sign the Anesthesia consent.
- Once you are in the procedure room you will be placed on several monitors and turned to your left side. You will have a chance to speak with your physician before ANY sedation is given.
- Your recovery time after the procedure before you go home is approximately 20 minutes.
- Your medical history will be reviewed multiple times and you may be asked what you are having multiple times, this is a safety checklist.

FOLLOWING your procedure

- Do not plan to drive a car, work or operate ANY machinery for 24 hours. You may resume normal activities the day after your procedure.
- We recommend someone stay with you after the procedure.
- You may eat and drink when you get home, unless instructed otherwise. We suggest you start with a light meal.
- You will be given detailed discharge information explaining what the doctor found, we generally discuss this with your ride home, as you may still be somewhat groggy. You will have the information to take home with you.
- You will receive any pathology results through the Medical Office on your follow up visit. If you did not schedule a follow up visit at the time you scheduled your procedure you may call to schedule a follow up after you are home.

Points to Remember / Suggestions

- Drink plenty of liquids the day before your colonoscopy. The more hydrated you are the better you will feel and the more successful your prep will be.
- If you develop bloating or cramping while drinking your prep, slow down your glasses or give yourself a 20 minute break. Again IF you cannot tolerate the prep, contact the Medical Office as discussed earlier. Even if it is after business hours. You may be transferred to speak with the on call physician
- Nausea, cramping and fullness are common side effects.
- If the solution is chilled it is more tolerable and try drinking your prep through a straw. This has worked for some patients.
- Drink something you enjoy between each glass or prep, suck on a hard candy or use mouthwash.
- Your insurance company will be contacted PRIOR to your appointment for authorization. If you have questions about this please contact our business office several days prior to your appointment 951-698-8805 x105.
- There are four (4) components to the Endoscopy Center: 1) The Physician, 2) The Endoscopy Center, 3) Pathology and 4) Anesthesia. If you have any questions regarding your insurance and the coverage of these components, again, please contact the business office SEVERAL days prior to your scheduled procedure.
- Our website has some valuable information as well. www.unitedgi.com

PLEASE REMEMBER... YOUR PREPARATION AND ANY FLUIDS INCLUDING WATER MUST BE COMPLETED A MINIMUM OF 4 HOURS PRIOR TO YOUR ARRIVAL TIME. IF YOU FAIL TO COMPLY WITH THIS, IT COULD RESULT IN A POSTPONED OR CANCELLED PROCEDURE.

CLEAR LIQUID DIET EXAMPLE

The day before your colonoscopy you must remain on a clear liquid diet.

DO NOT have any liquids that are RED or PURPLE in color.

Items you may have:

Coffee (NO creamer)

Tea

Any type of soda

Gatorade

Crystal light drinks or powdered drinks

Lemonade (NO pulp)

Clear broth, chicken, beef or vegetable (NO chunks)

Popsicles

Hard Candy

Jell-O