

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 the morning and evening the day before your procedure. Do Not take them the day of your 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 D: PLENVU- Take your prescriptions to the pharmacy and purchase PLENVU.

You will also need to purchase a box of Simethicone (GasX) tablets 125MG (over the counter).

Please follow our instructions below and not the instructions provided with the preparation packaging.

_____ **The day before procedure at 5:00pm-** Take 2 GasX tabs then use the mixing container to mix the contents of the Dose 1 pouch with at least 16 ounces of water until completely dissolved. Take your time- slowly finish within 30 minutes. Refill the container with at least 16 ounces of a clear liquid and slowly drink within the next 30 minutes.

_____ **The day of procedure, (5 hours prior to procedure time)** Take 2 GasX tabs then Use the mixing container to mix the contents of the Dose 2 (pouch A and pouch B) with at least 16 ounces of water until completely dissolved. Refill the container with at least 16 ounces of a clear liquid and slowly drink within the next 30 minutes. You can drink additional clear liquids after your prep but 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 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, 1717 Will O'Wisp Drive Suite 200, Virginia Beach, VA 23454

____ Location B: Sentara Virginia Beach General Hospital, 1060 First Colonial Road, **Please enter through the Patient Entrance in the front of the hospital.**

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**

****Please do not apply any lotions, colognes or perfumes prior to the procedure****

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