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INSTRUCTIONS FOR OUTPATIENT COLONOSCOPY

Date: _____ **Venue:** _____ **Preregistration #:** _____

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- *** PLEASE READ YOUR INSTRUCTIONS AT LEAST 3 DAYS BEFORE PROCEDURE.**
***** Please register with designated facility as directed before test.**
***** Please be there at your appointed time as you will be brought back as scheduled.**
***** You will be called regarding arrival time a day before the test.**
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General Instructions:

- * Don't take any Aspirin, Iron, or NSAID'S (example: Advil, Motrin, Aleve, Ibuprofen, Bextra, Celebrex) one week before the test. Tylenol and Pain Meds are ok to take. No anti inflammatories. Avoid Pepto Bismol.
- * If you are diabetic, you WILL NOT take the usual dosage of insulin or oral diabetic medication a day before and day of the test.
- * If you are on blood thinners (ex: Coumadin, Plavix, or Aggrenox) DO NOT stop them UNTIL instructed as to how to do so by the doctor.
- * Try to avoid eating any peas, corn and nuts 3 days before the procedure. If accidentally eaten, DO NOT WORRY.
- * Drink only clear liquids and no solid food the day before procedure. (See attachment for details)
- * DO NOT eat or drink anything after midnight before the test except as advised.
- * If you are on blood pressure pills, heart pills, nerve pills, or seizure pills take them in the morning (as scheduled) with a sip of water only.
- * Inform your doctor if you were born with valvular heart disease (congenital), have an artificial heart valve or history of previous heart valve infection, these are the indications for antibiotics prior to the procedure.
- * You **cannot drive** home after the test. You must plan on a responsible person to escort you and drive you after the test because of the medications you receive. The person can be your spouse, relative, or friend who will be informed of results of the procedure unless otherwise instructed by you. Plan on being there 2 to 3 hours approximately.

Given By: _____ Date: _____

WHAT IS THE TEST?

- * A small needle will be placed in your hand to give you medicine during the test. This will help you relax.
- * The doctor will put a bendable tube with a light into your colon.
- * Sometimes small samples of tissues called biopsies are taken; but you will not feel this.
- * You may feel bloated during/after the test because of air that is pumped into your colon. This should go away after you expel the gas, which is required prior to leaving the facility.

AFTER THE TEST:

- * You must stay for at least an hour after the test for observation, following which you can eat a light/regular meal.
- * Even though the doctor will talk to you about the test results when you are completely awake, you may not recall this due to the sedation. Call our office at 713-541-0000 to schedule a follow up appointment in 2-3 weeks to discuss test results.
- * If you develop severe abdominal pain or bright red bleeding per rectum, call our office.
- * You probably will not have a regular bowl movement for approximately 1 week after the procedure.
- * You generally can eat a light / regular meal unless otherwise instructed.
- * You must schedule a follow-up within 2 weeks to discuss the results.

DAY BEFORE EXAM

- * **NO SOLID FOODS**
- * **ONLY CLEAR LIQUIDS - NO RED OR PURPLE FOOD OR DRINKS**

ALLOWABLE:

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| * Coffee / Tea (milk or cream OK)
(sugar or artificial sweeteners OK) | * Gatorade / Koolaid (Nothing Red or Purple) |
| * Carbonated Beverages
(regular or sugar free)
(Nothing Red or Purple) | * Clear broth, Bouillon, or Consommé |
| * Apple juice | * Snowball or Popsicles (Nothing Red or Purple) |
| * Lemonade / Limeade | * Hard candy which dissolves in your mouth |
| | * Yellow or Green Jello |
| | * Ensure, Ensure Plus, Glucerna, Slim-fast
(except Strawberry) |

ABSOLUTELY NOT:

– SOLID FOODS – ORANGE JUICE – TOMATO JUICE – PEPTO BISMOL – IRON PRODUCTS

BOWEL PREPARATION

- * Pick up prep from your pharmacy at least 48 hours prior to test. Do not mix till day before the test.

- * In the morning the day before the test, fill the gallon of Colyte with water and shake well. Refrigerate as soon as you mix it.

- * **Start drinking Colyte liquid at about 6:30 p.m. the day before the test.** You must finish the entire gallon in 2.5-3 hours. Drinking 8 oz. or 440 cc. every 10 minutes will ensure that you are taking the prep. properly. It is important that Colyte is taken while you are sitting or standing, NOT laying down. Try to walk around while drinking the Colyte solution. If you do get nauseated, take a short break and resume drinking the fluid in a few minutes. Individual responses to laxatives do vary. You should have the first bowel movement about 30 minutes to an hour after starting. You will be going to the bathroom for about 2 hours after you finish drinking the solution. Please remain within easy reach of toilet facilities.

- * If you cannot tolerate the consumption of your prep, please call our office or answering service immediately so that we can further instruct you on what to do.

Insurance and Policy Issues

- ⦿ While we are happy to pre-certify and file with your insurance company; All Deductible / Co-insurance and Co-pays must be paid as advised and are due to us by day before the procedure to avoid any delays in your testing.
- ⦿ Separate facility charges may apply.
- ⦿ Kindly call our office in advance to avoid any misunderstanding regarding these issues.