

## **Colon And Rectal Surgery, Inc.**

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### **COLONOSCOPY INSTRUCTIONS: PLEASE READ CAREFULLY**

Start a clear liquid diet at breakfast **the day before** your scheduled colonoscopy. This includes clear or strained fruit juices, Jello (no red Jello), clear broths, coffee (no cream or non-dairy cream), tea and other bottled beverages such as sodas and sports drinks. **No milk or milk products.**

**Stop drinking 3 hours before your colonoscopy except for small sips of water to take your medications, if needed. Continue your liquid diet up until 3 hours before your colonoscopy.**

You must continue your essential medications according to schedule. If you are diabetic, call your doctor who prescribes your diabetic medication to determine what dosage you need the day before your colonoscopy. **Do not take your diabetic medication** the morning of your colonoscopy. You must be off your blood thinner, **COUMADIN 4 days** before, **PLAVIX 7 days** before your colonoscopy. Please make sure your Primary Care Physician or Cardiologist approve these changes before stopping your **COUMADIN or PLAVIX.**

Please let us know if you have had a **Prosthetic Heart valve or Joint Replacement Surgery** within the last 6 months. You may need antibiotics before your colonoscopy.

Please look at the additional sheet for your bowel preparation instructions, which must take place **the day before and the day of** your colonoscopy.

Your colonoscopy has been scheduled for \_\_\_\_\_, at \_\_\_\_\_ AM/PM at \_\_\_\_\_. Plan to arrive \_\_\_\_\_ hour before your scheduled time.

**Mount Carmel East Hospital:** South entrance; around back of hospital, take elevator to 2<sup>nd</sup> floor  
**#614-234-6000**

**St Ann's Hospital:** Park in front of the hospital and enter the West wing entrance door or 495 Cooper Rd 1<sup>st</sup> floor, register at Diagnostic Center **#614-898-4000**

**Taylor Station Surgery Center:** 275 Taylor Station Rd. **BUILDING B**, ½ mile North of Mt Carmel East Hospital # **614-751-4466**

**Mount Carmel Medical Center:** Use the main entrance valet or park in the garage close to the main entrance. From the main lobby, follow signs to the Central Elevators. Go to the 4<sup>th</sup> floor and exit left. You will be at the registration desk. Once you have registered, you will be directed to the Endoscopy Suite on the 5<sup>th</sup> floor **#614-234-5000**

**Berger Hospital (Circleville):** 600 North Pickaway Street. Main entrance registration desk **#740-474-2126**

**You will not be allowed to drive yourself home after this procedure so please arrange transportation prior to your hospital visit. You will be at the facility for a total of 2 to 3 hours. You can return to your normal activities the day after your colonoscopy.**

Your colonoscopy will be done by:

***Dr. Khanduja, Dr. Padmanabhan, Dr. Taylor, Dr. Lindsey, Dr. Madhavan, Dr. Bailey***

# **SUPREP BOWEL PREP KIT INSTRUCTIONS**

*SuPrep kit contains: 2 bottles of solution, 1 cup, and a patient information booklet*

## **STEP 1-4:**

**START A CLEAR LIQUID DIET AT BREAKFAST** the morning before your procedure. Please see the clear liquids sheet for details on clear liquids.

**At 6pm the night before:**

- 1) Pour one **6 ounce** bottle of SuPrep liquid into the mixing container.
- 2) Add cool drinking water to the **16 ounce** fill line on the container and mix.
- 3) Drink all of the liquid in the container over a period of one hour.
- 4) Drink **AT LEAST 2 cups** (32oz. total) of clear liquids over the next hour.

**\*\*\*Step 4 is very important, failure to drink the required amount of fluids will\*\*\*  
result in dehydration, causing the prep to be less effective.**

## **STEP 5:**

On the day of your colonoscopy:

- 5) Repeat the above steps 1-4 beginning **4 hours before leaving** your home for your procedure.

## Clear Liquids

Your doctor has ordered **24 hours** of clear liquids the day before your test or surgery in order to prepare your body for the procedure. **Do not eat solid foods during this time.**

### **\*\*\*Nothing In Red\*\*\***

You may have these liquids:

- Water
- Soft Drinks
- Gatorade and other sports drinks
- Kool-Aid (no red)
- Clear juices: apple, white cranberry, white grape, no orange juice(pulp or pulp free)
- Strained lemonade, fruit punch, powdered fruit mixes
- Tea, decaffeinated tea – no cream or non dairy creamer
- Coffee, decaffeinated coffee – no cream or non dairy creamer
- Broth, bouillon
- Jell-O (no red)
- Popsicles (no red)
- Hard candy, honey, sugar

You may NOT drink:

- Milk, smoothies or other dairy products
- Orange juice, fruit nectars or vegetable juices
- Alcohol

\* If your test or surgery involves the digestive system (esophagus, stomach, or bowels) **avoid all** red liquids, red popsicles, red Jell-O and red hard candy

\* **Try to limit liquids containing caffeine, as caffeine can upset an empty stomach**