

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 2nd 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 1st 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 4th 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 5th 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

PREPOPIK INSTRUCTIONS

*****Prepopik kit contains: 2 powder packets, 1 dosing cup, and informational booklet*****

At 6pm the night before:

Step 1-4:

- 1) Fill the dosing cup up to the marked line with **5 ounces** of cold water
- 2) Pour **one packet** of the powder into the water and mix for 2-3 minutes until dissolved
- 3) Drink **all** of the contents
- 4) After drinking the prepopik solution, continue to drink **FIVE (5) 8 ounce** cups of clear liquids at your own pace within the next 5 hours before going to bed.

On the day of your colonoscopy:

- 1) **4 hours before leaving** your home repeat steps 1 and 2
- 2) After drinking the prepopik solution, continue to drink **THREE (3) 8 ounce** cups of clear liquids at your own pace within the hour.

You may continue to drink clear liquids if you wish, but be sure to **stop drinking at least 2 hours prior to 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**