

# Instructions For Preparing For Your Colonoscopy (kō-lĕn-os'kō-pĕ)

After careful assessment your doctor has recommended you have a colonoscopy. During this procedure a flexible, fiberoptic tube will be passed through the rectum to examine your large intestine.

Your Procedure Is On: \_\_\_\_\_ Check In Time Is: \_\_\_\_\_ Procedure Time Is: \_\_\_\_\_

**YOU WILL NEED SOMEONE TO DRIVE YOU HOME.**

Your Procedure Location Is:

\_\_\_\_\_ **Galen East Gastroenterology**

Located on Gunbarrel Road behind Women's East, on the ground level of the HealthPark building in Suite 102, next to Moore & King Pharmacy. The phone number is 423-308-0390.

To expedite the registration process at Galen East Gastroenterology, you may complete your registration form prior to arrival by going to [www.galenmedical.com](http://www.galenmedical.com). Click on Galen Patient Registration Form, print out and complete both pages, and bring the form with you.

You will receive a phone call from your scheduled facility regarding your procedure. They will obtain a medical history including all medications that you are taking and any previous surgeries you have had. If you do not receive a call two or three days before your procedure, please contact the facility at the number above Monday through Friday 7:00 A.M. to 3:00 P.M.

\_\_\_\_\_ **Plaza Surgery Center (Erlanger Baroness Campus)**

Park in valet parking at the Erlanger Medical Mall. Enter through the main doors to the Erlanger Medical Mall. Validate your parking ticket at the Valet Parking Desk on your left so you can park at no charge. Proceed to the Plaza Center Waiting Room. The phone number is 423-778-2498.

\_\_\_\_\_ **Memorial North Park Hospital**

Located on Hamill Road near Highway 153. Enter through the emergency room entrance and sign in at the registration desk. The phone number is 423-495-7389.

On the day before your procedure, you may have a clear liquid diet consisting of the following:

- Any soft drinks, such as lemon-lime sodas, ginger ale, etc.
- Apple, grape or cranberry juice. (Do not drink orange, tomato or grapefruit juices)
- Beef or chicken bouillon cubes, melted in warm water to make a clear soup.
- Jell-o<sup>®</sup> gelatin, any color except red\*. Do not add fruit.
- Tea or coffee with or without sugar. Do not add cream, milk or powdered milk or creamer.
- Kool-Aid<sup>®</sup>, Gatorade<sup>®</sup> or Popsicles<sup>®</sup>, any color except red\*.
- Water

\*Red dye leaves a red color in the colon, making evaluation difficult.

**PREPARING FOR YOUR PROCEDURE:**

Only your physician can choose the proper colon preparation based on careful review of your medical history. Please follow precisely the enclosed preparation your physician has chosen for you. Certain medical conditions prohibit the use of some colon preparations. Using an inappropriate preparation, or failing to follow instructions carefully, could be dangerous to your health. Follow the clear liquid diet the day prior to your procedure and the enclosed laxative preparation.

**MEDICATION INSTRUCTIONS:**

Do not take these medications for **seven (7)** days before your colonoscopy:

|  |                     |                                 |                    |
|--|---------------------|---------------------------------|--------------------|
| Aspirin                                  | Bextra <sup>®</sup> | Motrin <sup>®</sup>             | Vitamins           |
| Goody's <sup>®</sup> , BC <sup>®</sup> , | Advil <sup>®</sup>  | Naprosyn <sup>®</sup> /Naproxen | Herbal Supplements |
| Stanback <sup>®</sup> , etc.             | Iron                | Celebrex <sup>®</sup>           |                    |
| Aleve <sup>®</sup>                       | Ibuprofen           | Anaprox <sup>®</sup>            |                    |

Do not take anything for arthritis, pain or headaches other than Tylenol<sup>®</sup> without consulting with our offices first.

If you are on one of these medications, call our office for instructions:

|                                  |                     |                     |                     |
|----------------------------------|---------------------|---------------------|---------------------|
| Coumadin <sup>®</sup> /Warfarin* | Ticlid <sup>®</sup> | Pletal <sup>®</sup> | Plavix <sup>®</sup> |
|----------------------------------|---------------------|---------------------|---------------------|

\* If you take Coumadin<sup>®</sup> or Warfarin, you will need to have your Protine/INR (lab) drawn the day before the procedure.

If you take Glucophage<sup>®</sup> or Metformin for diabetes, you should stop **24 hours (1 day)** prior to your colonoscopy.

If you take Lantus<sup>®</sup> insulin, continue your dosage regimen as prescribed. Otherwise you need to contact your diabetes doctor ahead of time to let your doctor know about the clear liquid diet. Your doctor's office will be able to tell you how to adjust your insulin.

Please take your heart and blood pressure medication with a small sip of water the morning of your procedure. **Otherwise, do not eat or drink anything after midnight the night before the procedure.**

Please make arrangements to have someone drive you home. If you have any questions regarding your prep or procedure, please call your gastroenterologist's office.

After the procedure, the doctor will talk to the family; if a biopsy was not taken he will tell them the results at that time. If a biopsy was taken during your procedure, the results will be back in five to seven days. You will then receive a call or a letter with the results as necessary. If the doctor thinks there is an emergency, you will be called immediately.

Thank you for allowing us to take care of you.