

GALEN MEDICAL GROUP

Wisdom. Compassion. Integrity.

Instructions for Preparing For Your Colonoscopy

Your Physician is:

___ Dr. Colleen Schmitt, ___ Dr. Sumeet Bhushan, ___ Dr. M. Rad. Yates, ___ Dr. Chad Charapata
___ Dr. Marshall Horton, ___ Dr. Larry Shuster

Your Physician's Phone Number is: ___ 423-778-7537, ___ 423-870-2450, ___ 423-648-0787

Procedure Date: _____ at approximately: _____, check-in approximately: _____

Procedure Time and check-in time are subject to change; the location checked below will provide you with a definite check-in time.

You MUST have a responsible adult present to drive you home.

Your procedure is scheduled at the following location:

___ **Galen East Gastroenterology**

Located on Gunbarrel Road behind Erlanger 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.

You will receive a phone call from the Endoscopy Lab in order to obtain a detailed medical history, including all medications you are taking. If you have not received a phone call two or three days before your procedure, please contact the facility at the number above Monday through Friday between 7:00AM and 4:00PM.

___ **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.

___ **Memorial Hospital**

Located at 2525 deSales Avenue. Call 495-7777 for directions.

On the day before your procedure, do not eat any solid food. You may have a clear liquid diet consisting of the following:

- Clear soft drinks, such as lemon-lime sodas, ginger ale, etc.
- Apple, white grape or white 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® 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® Gatorade®, or Popsicles®, any color except red*.
- Water

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

**DO NOT HAVE ANYTHING TO EAT OR DRINK AFTER MIDNIGHT!
This includes gum, candy, mints, or ice chips**

Please turn form over for further instructions

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®	Motrin®	Vitamins
Goody's®, BC®	Advil®	Naprosyn®, Naproxen	Herbal Supplements
Stanback®, etc.	Iron	Celebrex®	
Aleve®	Ibuprofen	Anaprox®	

Do not take anything for arthritis, pain or headaches other than Tylenol® (acetaminophen) without consulting with our offices first.

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

Coumadin®, warfarin*	Ticlid®, ticlopidine	Pletal®, cilostazol
Plavix®, clopidogrel	Aggrenox®	

*If you take Coumadin® or warfarin, you will need to have your Prottime/INR (lab) drawn the day before the procedure.

Please call our office if you are taking any other blood-thinning medications for heart or stroke conditions that are not listed above.

If you take Glucophage® (metformin) for diabetes, you should stop **24 hours (1 day)** prior to your colonoscopy (do not take your dosage the day prior to your procedure).

If you take Lantus® insulin, continue your dosage regimen as prescribed. If you take any other insulin, 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 morning dosage of your heart and/or blood pressure medication with a small sip of water the morning of your procedure. Otherwise, do not eat or drink anything after midnight.

Please make arrangements to have someone drive you home. You will only be discharged to the care of a responsible adult who can understand and follow your discharge instructions. You will not be allowed to take a taxi cab home.

After your discharge, you will be asked to limit your activity until the following day due to the sedation/anesthesia; including making critical decisions, operating machinery, or participating in activity requiring good hand-eye coordination. **You will not be released to drive until the morning after the procedure.**

After the procedure, the physician will talk to you and/or your family member to discuss the findings. If a biopsy was taken or polyp(s) removed, the pathology results will be back in five to seven days. You will then receive a phone call or a letter with the results as necessary. If the physician thinks there is an emergency, you will be called immediately.

Thank you for allowing us to take care of you.