**Colonoscopy Prep Instructions**

**Family Physicians of Greeley**

**Endoscopy Suite**

**2520 W. 16th St.**

**Greeley, Co 80634**

**970-804-2014**

**PLEASE KEEP THIS FORM FOR YOUR REFERENCE UNTIL AFTER YOUR PROCEDURE**

*Read front and back upon opening and* ***AGAIN*** *7 days prior to procedure.*

This procedure is done with I.V. sedation and will require you to have a responsible adult with you to take you home. Please inform your ride that they will need to stay at the office during the procedure, and they will be brought into recovery with you as soon as the procedure is finished for discharge instructions.

*Most procedures take 30 – 45 minutes to complete.*

**7 Days Prior to the procedure**

* Hold prescription blood thinners: Coumadin, Plavix, Warfarin, Aspirin ***(please call the Coumadin clinic or the prescribing physician on the best way to hold these prescriptions)***
* Hold over the counter anti-inflammatory’s: Aspirin, Ibuprofen (Advil), Naproxen (Aleve), and other over the counter anti-inflammatory or **NSAID** medications, please contact your PCP to discuss the proper way to do this for your condition. (**This does not include Tylenol**)
* Hold Alcoholic Beverages until 24 hours after the procedure
* Hold Iron Supplements including Multivitamins with Iron

**\*If you take medications for Chronic Pain Management, PLEASE continue to take your chronic pain management medications\***

**3 Days prior to the Procedure**

* Do not eat any Corn, Beans, Seeds Including Watermelon, Nuts, Celery or Lettuce until after the procedure

**\*If you are diabetic** do not take your insulin or oral medications the morning of the procedure. Take only half your normal dose the day before the procedure.

**\*If you take blood pressure medications** do not take the evening before or the morning of your procedure.

**THE DAY BEFORE YOUR PROCEDURE:**

***YOU WILL BE ON A CLEAR LIQUID DIET ONLY (NO SOLID FOODS!!!!)***

Water, white grape juice, coffee **without** cream, chicken bouillon or broth (no noodles, no veggies!), tea, beef bouillon or broth (no veggies!), soda pop, green and/or yellow Popsicle, apple juice, green and/or yellow Jell-O.

**AVOID ALL ITEMS WITH RED, ORANGE, AND/OR PURPLE FOOD COLORING.**

**COLONOSCOPY PREP-USING MIRALAX AND GATORADE/POWERADE**

To ensure that your test is accurate and complete, you MUST follow these directions. If you have any questions, please contact our office at **970-804-2014**.

Purchase at your local pharmacy:

-238-gram (8.3oz) bottle of Mira-lax powder (or generic equivalent),

-8 Dulcolax laxative tablets or generic Bisacodyl tabs (no prescription needed), and

-64oz of Gatorade or Powerade (Low calorie options of these are acceptable, as well as water with green, yellow or blue flavoring) **NO RED, ORANGE, OR PURPLE**.

Follow instructions below:

* + 1. Mix the 238 gm (8.3oz) Mira-lax powder with the 64 oz Gatorade or Powerade or Water, and place in refrigerator
    2. At 3:00pm or as soon as you can start the process, take 2 Dulcolax tablets by mouth. If you frequently take laxatives, or if you have problems with constipation, take 4 tablets instead of 2.
    3. 2 hours after consuming Dulcolax tablets, drink one 8oz glass of Mira-lax/Gatorade. Repeat every 15 minutes until you have finished the 2 liter/64oz of mixture (approximately 2 hours)

**(IF STOMACH UPSET OCCURS TRY DRINKING 4 OZ EVERY 10 MINUTES)**

* + 1. 1 hour after finishing the mixture, take 2-4 more Dulcolax tablets.
    2. Drink at least 32-64oz of water the rest of the night.

Expect to use the facilities frequently. **THE STOOL SHOULD BE CLEAR, LEMONADE LIKE, NOT SLUDGY OR BROWN.** It doesn't have to be clear in color like water since digestive juices will continue to tint the stool yellow and small flecks of debris are not a problem as long as stool is not muddy or thick. Expect some cramps. It usually takes about an hour to notice the diarrhea effect, but in some people, it may take longer to notice the affect so please don't be alarmed. You may notice some bloating or cramping at the beginning of the prep, but this usually gradually improves once the diarrhea begins. Occasionally, some may develop nausea with vomiting. The best remedy for this is to take a break from the Mira-lax for about an hour to allow it to move downstream, and then resume drinking at a slower rate. It usually takes about 2 hours to complete the entire container. However, it is okay if it takes longer, and the diarrhea generally continues for about an hour or two after completing the prep. Many have found that drinking the prep through a straw and chilling the solution improves tolerance.

IF YOU ARE SCHEDULED FOR A MORNING PROCEDURE AND NOT HAVING BOWEL MOVEMENTS BY 8:00 PM PLEASE TAKE 2 EXTRA DULCOLAX TABLETS AND WAIT 1 HOUR. IF STILL NO BOWEL MOVEMENTS AFTER THAT, PLEASE CALL OUR MAIN OFFICE AT ***970-356-2520* AND ASK TO SPEAK WITH AN ON-CALL DOCTOR**! IF YOU ARE SCHEDULED FOR AN AFTERNOON PROCEDURE AND NOT HAVING BOWEL MOVEMENTS BY THE MORNING OF THE PROCEDURE, PLEASE CALL OUR OFFICE AT 8:00AM.

**DAY OF YOUR PROCEDURE**

* ***Nothing to eat or drink after midnight.*** Brushing your teeth and “just a sip” of water is acceptable.
* However, if your test is scheduled late in the day (after 12:00pm) you may have clear liquids up to 6 hours before your procedure.
* If you take a heart or seizure medication routinely, it is okay to take this medication early in the morning before your procedure.
* ***Please do not take any blood pressure medications the morning of your procedure***

**\*\*WE RECOMMEND YOU CALL YOUR INSURANCE TO CONFIRM COVERAGE FOR THIS PROCEDURE\*\***

**The generic billing code used is 45378. This code may change if additional work is needed during the procedure.**

**\*\*THERE IS NEVER A GUARANTEE OF PAYMENT OR BENEFITS UNTIL INSURANCE RECEIVES A CLAIM\*\***

**Your procedure is scheduled at:**

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| --- |
| **Family Physician of Greeley – Central Endoscopy**  **(Under building on East Wall *Patient Entrance* door)**  2520 W 16th Street  Greeley, CO 80634  970-804-2014 |

**Your procedure is scheduled with Dr. Lobitz on \_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**please arrive at \_\_\_\_\_\_am. Your procedure is scheduled to start at \_\_\_\_\_\_am.**

*We will be able to hear the door open when you arrive and will check you in. We will be involved in the procedure ahead of yours and will bring you back as soon as we are ready to start your procedure. We always strive to run on time,* *please inform your ride that we* ***do*** *need them to stay at the office during the procedure, so we can bring them into recovery with you as soon as the procedure is finished.*

*Most procedures take 30 – 45 minutes to complete.*

**\*\*\*\*For questions, please call The Endoscopy Suite at 970-804-2014\*\*\*\***

**To reschedule or to cancel please call:**

**Dr. Lobitz's scheduler at 970-378-8018**

**Dr. Pflieger's scheduler at 970-353-7668 option 2**

**Dr. Martinez's scheduler at 970-378-8000 ask for Stacy**