



Procedure Date:	Procedure Time:
Arrival Time:	Location:

**Instructions for Colonoscopy Preparation
-Read Carefully-**

PLEASE READ ALL THE INSTRUCTIONS SEVERAL DAYS AHEAD OF TIME SO YOU CAN BE ADEQUATELY PREPARED FOR THIS PROCEDURE.

To ensure your comfort, IV sedation can be given for this exam (to make you relaxed). You must have a responsible companion, family member, or friend, 18 years of age or older escort you to the endoscopy suite, be present during the procedure, be present at the time of your discharge, drive you home, and stay with you for several hours after your procedure. You may not go home alone in a taxi, shuttle van, or bus, as these drivers will not be responsible for you. If you receive sedation, you may not drive until the next day. Please plan to be in our unit approximately 2-3 hours total.

1 WEEK PRIOR TO EXAM-Purchase the Following

- Two (2) 8.3oz (238g) bottles of Miralax powder (over the counter)
- Two (2) 64oz Gatorade's *NO RED OR PURPLE COLORS*

SPECIAL MEDICATION INSTRUCTIONS

We recommend you make the following medication changes prior to your procedure:

- **Discontinue any medications FIVE days prior to procedure that contain aspirin (Aspirin, Advil, Aleve, Motrin, Ibuprofen, and Alka Seltzer.) Please call our office if you are taking Coumadin, Plavix, Pain or Arthritis medication. PLEASE NOTE TYLENOL IS NOT RESTRICTED.**
- **Do not take iron pills** for 7 days prior to your procedure.
- **Continue taking your other prescribed medications (e.g. blood pressure pills) as usual.** If you have any questions about your medications, call your prescribing physician.
- **DO NOT** eat nuts or fruits with seeds five days prior to your procedure.
- **Diabetic patients** - Please contact your primary physician for diet and medication instructions.
- If you have an internal defibrillator device (**AICD**), please bring your card to give to the nurse. You will need to know the name brand of your device prior to your procedure.
- **Are you pregnant?** Bowel cleansing products have not been researched or tested on pregnant women. Please discuss these risks with your OB/GYN.

If you have high blood pressure and are taking medication to monitor this, please look over this list and **DO NOT** take these medications the **NIGHT BEFORE** or the **MORNING OF SURGERY.**

- | | | | |
|-------------|--------------|------------|---------------|
| -Accupril | -Enalapril | -Mavik | -Tarka |
| -Accuretic | -Enalaprilat | -Moexipril | -Trandolapril |
| -Aceon | -Fosinopril | -Monopril | -Uniretic |
| -Altace | -Lexxel | -Prinivil | -Vaseretic |
| -Benazepril | -Lisinopril | -Prinzide | -Vasotec |
| -Capoten | -Lotensin | -Quinapril | -Zestoretic |
| -Capozide | -Lotrel | -Ramipril | -Zestril |
| -Catopril | | | |

COLONOSCOPY PREPARATION INSTRUCTIONS – READ IMMEDIATELY

YOU MUST COMPLETE ALL OF THE PREP NO MATTER HOW CLEAN YOU THINK YOUR COLON IS. THE EXAM CANNOT BE PERFORMED IF YOUR COLON IS NOT CLEAN. If your colon is not clean, you may be asked to re-schedule. * If you have constipation problems please ask for the “two-day” prep instructions.*

Two days before your colonoscopy: Low fiber diet and increase fluids.

One day before your colonoscopy: Begin Clear Liquid Diet: **NO RED OR PURPLE DYES**

Water, Clear broth or bouillon, coffee or tea (no creamer) Gatorade, Propel, Soda, Fruit Juices (no Pulp) Jell-o, popsicles, and hard candies.

PLEASE KEEP YOURSELF HYDRATED by drinking at least 8 glasses of water throughout the day.

FOODS NOT TO EAT/DRINK:

- All solid foods
- Milk or other opaque liquids (liquids you cannot see through)
- Drinks with pulp
- Anything that is RED or PURPLE in color

MORNING BEFORE PROCEDURE: Prepare your Gatorade/Miralax Solution

1. Mix one 64oz Gatorade with 8.3oz Miralax – repeat with 2nd Gatorade and Miralax
2. Begin drinking your 1st prep at 12:00pm
3. Continue drinking clear liquids throughout the day
4. Begin drinking your 2nd prep at 5:00pm
5. REMEMBER NOTHING TO EAT OR DRINK AFTER MIDNIGHT

Most people agree that bowel prep tastes better if chilled. We suggest putting the Prep in the refrigerator.

NOTE: Oral laxatives may cause mild cramping, bloating, or nausea. Always stay near a bathroom while using the Prep Solution.

IF YOU ARE SCHEDULED AT:

McKay Dee Hospital-Enter through the main entrance on the EAST side of the building. Go to the 2nd floor, turn left and go to the endoscopy lab at the end of the hallway.

Ridgeline Endoscopy Center - The facility will contact you the day before your procedure with your arrival time. Ridgeline Endoscopy Center is located at 6028 South Ridgeline Drive, Suite 100, South Ogden, UT 84405. If you have any questions or concerns, please call 801-475-4900.

***** PLEASE NOTE THAT DUE TO A HIGH NUMBER OF CANCELLATIONS, PATIENTS MAY INCUR A FEE OF \$100.00 IF THEY CANCEL WITHIN 24 HOURS OF THEIR PROCEDURE OR FAIL TO KEEP THEIR SCHEDULED PROCEDURE.****