

**PATIENT INFORMATION AND INSTRUCTIONS FOR COLONOSCOPY PROCEDURES****Physician:** \_\_\_\_\_ **Appointment Date:** \_\_\_\_\_ **Arrival Time:** \_\_\_\_\_

Please review all information and instructions as soon as possible after receiving your packet. If you have questions, please call the appropriate number listed below, Monday through Friday, between the hours of 8:00am and 4:30pm.

- General questions: Lexington Clinic Gastroenterology Department, 859.258.4950
- Financial questions: 859.258.4045
- Endoscopy and Surgical Center nursing staff: 859.258.4289

A nurse will be contacting you within 1-2 days of your procedure to review your instructions and medical information. **If you are not able to be contacted by phone, or your telephone does not offer a voice mail option, please call the Endoscopy and Surgical Center nursing staff at least 24 hours prior to your procedure.**

We are located at the Endoscopy Surgery Center of Lexington Clinic, Suite 200 (2<sup>nd</sup> floor), 1225 South Broadway in Lexington, KY. The building is a two-story brick structure with a green metal roof, situated behind the main Lexington Clinic facility.

**GENERAL INSTRUCTIONS****Seven (7) to ten (10) days before your Colonoscopy:**

- If you are taking Aspirin or Aspirin-like products (Advil, Motrin, Ibuprofen, Excedrin, Aleve, or Aspirin), please talk to your prescribing physician and ask if or when you should stop taking it. If you take Aspirin due to a doctor's order to prevent a stroke or heart attack, we generally recommend you continue to take it.
- Patients taking blood thinners are asked to call the prescribing physician at least seven (7) days prior to your procedure for instructions regarding possible changes to dosing instructions (examples include: Coumadin, Heparin, Plavix, Effient, Ticlid, Xarelto, Paradaxa, or Brilinta).
- Confirm transportation arrangements. **All patients MUST have a driver.** The driver **MUST** be able to wait in the surgery center during the procedure and stay with you for 24 hours after your procedure.
- The prescription, for your bowel prep, will be sent to the pharmacy on file with our clinic. If one has not been called in to your pharmacy, please call the Gastroenterology Department.

**Five (5) days before your Colonoscopy:**

- Start a low-residue diet. A low-residue diet contains foods that are starchy and therefore easier for your body to digest. Examples of foods you may enjoy are white breads, plain crackers, white rice, corn flakes, well-cooked fresh or canned vegetables without seeds, milk, cheese, meats, canned or cooked fruits without seeds or skins, such as applesauce or canned pears.

**Two (2) days before your Colonoscopy:**

- **Eat only a clear liquid diet two (2) days prior to your colonoscopy. Do not eat any solid foods.** Examples of clear liquids are apple juice, white grape juice, limeade, lemonade, chicken or beef bouillon/broth, popsicles, Jell-O (*no red or purple colors*), coffee and tea (*both without cream, non-dairy creamer or milk*).

**You will need to purchase:**

- **Four Dulcolax Tablets (prescription not required)**
- **One (1) 238-gram bottle of Miralax (prescription not required)**
- **Two (2) 32-ounce bottles of Gatorade**

**TAKE FOUR (4) DULCOLAX TABLETS WITH 64-OUNCES OF WATER FOUR (4) HOURS PRIOR TO THE FIRST BOTTLE OF GATORADE AND MIRALAX**

**Bottle #1:** Begin Step 1 four (4) hours after taking Dulcolax Tablets (x4), prepare and drink one (1) 32-ounce bottle of Gatorade and Miralax.

1. Pour half of the 238-gram bottle of Miralax into one (1) 32-ounce bottle of Gatorade.
2. Drink the entire bottle of Gatorade.
3. You must drink two (2) 16-ounce glasses of water over the next hour.

**One (1) day before your Colonoscopy:**

**Bottle #2:** Begin Step 2 in the morning prior to your procedure.

1. Pour the remaining half of Miralax into one (1) 32-ounce bottle of Gatorade
2. Drink the entire bottle of Gatorade.
3. You must drink two (2) 16-ounce glasses of water over the next hour.

• **CONTINUE CLEAR LIQUID DIET**

- Prepare your bowel prep. Step by step instructions for the prep prescribed to you by your provider are attached.

**Day of your Procedure:**

- You may continue a clear liquid diet **until two (2) hours prior** to your scheduled arrival time.
- You may take your medications with a sip of water two (2) hours prior to your scheduled arrival time if instructed by your physician or nurse.
- You may not have any gum, mints, or tobacco products six **(6) hours prior** to your scheduled arrival time.
- Please bring a list of all medications you are currently taking along with the correct strengths and dosages.

**Note:**

You may not have anything to drink two (2) hours prior to your arrival time.

After completing the preparation, your stools should be yellow or clear liquid, if not, please call 859.258.4289.

Before and after hours, call 859.258.4000 and ask for the on-call Gastroenterology physician.