

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 (2nd 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.

One (1) day before your colonoscopy:

- You may **only** have **clear liquids** until after your colonoscopy. Examples of clear liquids you can have:
 - Coffee or tea (no cream or non-dairy creamer)
 - Sports Drinks (Gatorade, Powerade, Crystal Light)
 - Gelatin desserts (no fruit or topping)
 - Water
 - Chicken broth

- **AVOID** all Red or Purple colors
- Chicken broth
- **Avoid** all Red or Purple colors
- **AVOID carbonated beverages, including all sodas, as it will cause nausea**
- Prepare your bowel prep. Step by step instructions are provided below.

Day of your Colonoscopy / EGD

- You may continue a clear liquid diet **until two (2) hours** prior to your arrival time.
- You may take your medications with a sip of water two (2) hours prior to your 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 arrival time.
- Bring a list of all medications you are currently taking along with the correct strengths and dosages.

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On the evening before your colonoscopy, you will take a total of 12 tablets, as directed below, starting at 6:00 pm:

1. Open 1 bottle of 12 tablets.
2. Fill the provided container with 16 ounces of water (up to the fill line). Swallow 1 tablet with a sip of water every 2 minutes and drink the entire amount over 20-30 minutes. If you become uncomfortable, take the tablets and water slower.
3. Approximately 1 hour after the last tablet is swallowed, fill the provided container a second time with 16 ounces of water (up to the fill line) and drink the entire amount over 30 minutes.
4. Approximately 30 minutes after finishing the second container of water, fill the provided container with 16 ounces of water (up to the fill line) and drink the entire amount over 30 minutes.

On the day of your colonoscopy, you will take a total of 12 tablets, starting 4 hours before your colonoscopy arrival time, as follows:

1. Open 1 bottle of 12 tablets.
2. Fill the provided container with 16 ounces of water (up to the fill line). Swallow each tablet with a sip of water and drink the entire amount over 20-30 minutes. If you become uncomfortable, take the tablets and water slower.
3. Approximately 1 hour after the last tablet is swallowed, fill the provided container a second time with 16 ounces of water (up to the fill line) and drink the entire amount over 30 minutes.
4. Approximately 30 minutes after finishing the second container of water, fill the provided container with 16 ounces of water (up to the fill line) and drink the entire amount over 30 minutes.

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.

PLEASE NOTE: If you are given a substitute prep from your pharmacy, please call our office at 859.258.4950 to discuss instructions. You may only have clear liquids the day before your procedure.