

APPOINTMENT CONFIRMATION FOR COLONOSCOPY
DIGESTIVE MEDICAL SERVICES INC.

Patient Name: _____

Gastroenterologist: _____ Laurence Entsuah, M.D.

Date: _____ Time of Procedure: _____ Arrive _____

Preparation:

___ Golytely ___ Nulytely ___ Colyte ___

___ Tri-Lyte ___ Visicol ___ Fleet Phospho-soda

___ Magnesium Citrate ___ Osmoprep ___ Moviprep

Nothing to eat or drink after midnight

RECOMMENDATIONS REGARDING MEDICATIONS:

- Diabetic medications are not to be taken the morning of the procedure
- Coumadin, Plavix, Lovenox or any other blood thinner should be stopped 4 days prior to procedure
- Aspirin is to be stopped 1 week prior to procedure
- Iron products should be stopped 1 week prior to procedure
- Non-steroidal anti-inflammatory drugs should be stopped 48 hours prior to procedure
- All other medications may be taken with a couple sips of water the morning of the procedure

If you are on blood thinners, insulin or other diabetic medications, please check with your primary or referring physician if the above recommendations are appropriate for your condition.

PLEASE BRING THIS INSTRUCTION SHEET WITH YOU ON THE
PROCEDURE DAY

DAY BEFORE YOUR PROCEDURE:

1. Drink only clear liquids. No solid foods should be taken. Clear liquids include water, bouillon, apple juice, white grape juice, pulp free lemonade, sprite, ginger-ale, coffee or tea without milk or non-dairy creamers. Plain jello (no added fruits or toppings), no red, purple or blue colors to include popsicles also.
2. No solid food should be taken during or after the prep. (See prep sheet)
No solid food the day before Procedure (clear liquid diet only)
3. After the prep is completed, you may drink water until midnight.
4. Nothing should be taken after midnight.

DAY OF YOUR PROCEDURE:

- Wear comfortable clothing that is easy to remove and leave jewelry at home.
- Please limit your visitors to 1-2 adults
- You will be brought to the Endoscopy Suite where you will be instructed to put on a hospital gown. A nurse will review your medical history with you (bring a list of your current medications and allergies) An intravenous line (IV) will be started for sedation during the procedure.
- Your heart rate, blood pressure and oxygen level will be monitored during the procedure
- When the procedure is complete you will recover in the recovery room.
- Your results will be discussed with you prior to discharge

YOU MUST HAVE AN ADULT TO ACCOMPANY YOU HOME AFTER THE PROCEDURE.

You cannot drive yourself; take a taxi or bus home alone. If you do not have someone to take you home, the procedure will be canceled. For the doctor to have a clear view of the colon, it is very important that you follow the prep instructions. If you do not, it is possible that your procedure may have to be canceled and rescheduled. You may call the office at 1-866-681-9575 during office hours if you have questions regarding your medications and prep

COLONOSCOPY PREPS

GOLYTELY, NULYTELY, COLYTE OR TRILYTE PREP:

Mix the powder in the provided plastic container with water to the "fill Line" and chill in the refrigerator. Best if made up around noon day before the procedure.

- Begin drinking the Prep Solution at approximately 5pm. Drink one 8 ounce glass every 15-30 minutes and complete in 4 hours. **YOU MUST DRINK THE FULL GALLON OF SOLUTION.** Your first bowel movement should occur approximately one hour after you start drinking the solution. If your stools are not completely clear (pale yellow to clear fluid) after taking the **ENTIRE** gallon of prep, you may take one 10 ounce bottle of Magnesium Citrate. This can be purchased over the counter at any drug store.
- It is not uncommon for the individual to experience bloating or nausea when drinking the solution. If this occurs, slow the drinking process down but the solution must be complete in 4 hours.
- Any questions or problems regarding the instructions of your prep that you may have can be addressed by calling the office at 1-866-681-9575 during office hours.