

PROCEDURE LOCATION:

- _____ BEEBE OUTPATIENT SURGERY CENTER, 18941 JOHN J. WILLIAMS HWY, REHOBOTH BEACH, DE. 302-644-6992
(Surgical scheduling will call you after 1 pm the day before your procedure to confirm your arrival time).
- _____ BEEBE HEALTHCARE OPERATING ROOM, 424 Savannah Road, Lewes, DE 302-645-3000 ext. 4776
(Surgical scheduling will call you after 1 pm the day before your procedure to confirm your arrival time).
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READ ALL INSTRUCTIONS (FRONT & BACK) 2 WEEKS BEFORE PROCEDURE

A high-quality colonoscopy requires a good clean-out. A poor clean-out may result in having to reschedule.

PICK UP AT PHARMACY

- 1) Polyethylene Glycol Electrolyte (PEG) based prep such as: **GOLYTELY, COLYTE, PEG-3350, NULYTELY, TRILYTE, HALFLYTELY or MOVIPREP.**
- 2) **Gas Tablets:** Four over-the-counter tablets (**Simethicone, Gas-X, Mylanta Gas**), extra-strength, if possible.

COLONOSCOPY PREP INSTRUCTIONS

3 DAYS BEFORE PROCEDURE

Decrease fiber in diet: No raw fruits or vegetables. No nuts, popcorn, or foods containing seeds.

THE DAY BEFORE THE PROCEDURE

You may eat a light breakfast, such as yogurt, toast, eggs and black coffee with some milk.

After breakfast only clear liquids (examples): Coffee (no cream), Tea (no cream), Jello (not red or purple), Popsicles (not red or purple), Clear Juice (not OJ), Clear Broth or Bouillon, Carbonated Beverages (includes dark colas).

EVENING BEFORE PROCEDURE

AT 5 PM: Mix powder in with 4 liters of water and refrigerate for at least one hour.

AT 6 PM: 1) Drink 8 ounces of the mixture every 10 minutes. Solution may be tolerated easier by using a straw and using non-colored flavored water.

2) Stop drinking after 3 Liters of the mixture is consumed and 1 Liter is remaining.

AT 10 PM: Take the 20 mg **gas tablets** with some water, or chew if chewable tablets.

DAY OF THE PROCEDURE

4 HOURS BEFORE PROCEDURE: _____ Drink the remaining 1 Liter of mixture.

Gas tablets: Take two mg gas tablets with some water, or chew if chewable tablets.

You may have clear liquids/water (except broth or bouillon) up to 2 hours prior to the procedure.

We require a urine **pregnancy test** on women of childbearing age before the procedure.

Be prepared to give a urine sample when you arrive.

-OVER-

MEDICATIONS

“Blood thinners”: If you are taking **Aggrenox, Brilinta, Clopidogrel, Coumadin, Effient, Eliquis, Elmiron, Persantine, Plavix, Pletal, Pradaxa, Savaysa, Ticlid, vitamin E, Warfarin or Xarelto**, please contact the provider who prescribes these drugs and get instructions about holding them prior to the procedure.

If your colonoscopy is a routine colonoscopy, and the reason for which you were put on the blood thinner is a fairly recent one, it may be safer to delay the colonoscopy. Contact us to discuss this.

Reduce or stop **over the counter non-steroidals** (Aleve, Ibuprofen, Motrin, Naprosyn, Meloxicam, etc.), if possible, for one week before your procedure due to their blood thinning action. Tylenol and acetaminophen CAN be used.

If you are using **ASPIRIN** just to preserve your health, i.e. you never had a stroke, TIA (mini stroke), angina (chest pain), heart attack, peripheral vascular disease, coronary artery disease, and you are not blind in one eye, then stop the aspirin for 10 days before the procedure.

If you are on **Baby-Aspirin** and had any of those events listed above, keep taking it. Do not stop it for the colonoscopy.

If you have any questions, call our office.

Diabetes: If you have diabetes contact the provider who prescribes your diabetes medicine. You will need instructions on dosing changes before your procedure. Should you begin to feel like your blood sugar is dropping, you may suck on hard candy (not red), a glucose tab, or have sips of clear juice any time prior to the procedure. Should you begin to feel like your blood sugar is dropping, you may suck on hard candy (not red), a glucose tab, or have sips of clear juice any time prior to the procedure.

Other medications: You can continue your other medications; particularly heart and blood pressure medications. Take them with some water on the day of the colonoscopy.

Stop herbal medicines nutritional supplements, vitamins, iron, minerals and weight loss medications (such as phentermine) 14 days prior to the procedure.

Please arrive with the following:

- *Picture ID
- *Insurance cards
- *Medication List (including vitamins and supplements)
- *Responsible driver (18 years old or older)

Your driver **MUST** be able to receive instructions, sign for your discharge, and remain at the center during your entire procedure time. You will be considered legally impaired if you receive ANY sedation. No driving for 24 hours.

Remove all jewelry and piercing. Leave valuables at home

We are unable to use family members as interpreters. If you do not speak/understand English, please let us know if you need an interpreter and we will provide one.

TRAVELING AFTER THE EXAM: Delayed bleeding after polyp removal can occur up to one month after the procedure. If you are planning travel by airplane, or a trip abroad, consider having the procedure one month before the departure or after your return, to avoid having a problem on the airplane or in a foreign country.

Before your procedure, you will be contacted by a nurse from the Beebe Endoscopy/Surgery Center and from the Beebe Registration Desk. It is imperative that you speak to these departments prior to your procedure or it may be canceled. Please ensure we have your correct contact phone number to facilitate this call.

WE ARE COMMITTED TO KEEPING YOU SAFE AND ENSURING THAT YOU HAVE A POSITIVE EXPERIENCE WITH US