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## *Colonoscopy Instructions*

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Please remember to read through all the pre-operative colonoscopy instructions. As it is pertinent to your upcoming procedure. If you do not follow the instructions, it could lead to your procedure being cancelled or rescheduled.

The following medications are used to prep for your procedure. Often, they are over the counter and can be purchased at your local pharmacy. Regardless, our office will send a prescription to your pharmacy on file electronically. Always call the pharmacy prior to going to ensure that they have received your prescription.

### Medications

There are instances when your insurance carrier does not cover the medications we send, if you need purchase any of the items over the counter. Here is a list of what you would need to purchase.

- Dulcolax Laxative Pills
- MiraLAX (238 gram) Bottle
- Magnesium Citrate 8 oz

### Preparing for your Colonoscopy-7 Days Prior

- Patient's taking blood thinning medication such as Coumadin, Warfarin, Plavix, Xarelto, Eliquis, etc, please obtain clearance from your prescribing physician when to stop and restart the medications.
- Stop all anti-inflammatory medications such as aspirin, ibuprofen, Advil, and Aleve. Fish Oil should also be discontinued. If you need anything 7 days prior, TYLENOL only.

## Covid Testing

- You will be contacted by the facility to get you COVID tested only if you have NOT been covid vaccinated. Please do NOT contact the facility any earlier than 5 to 3 days prior to your procedure as they have a process in place for testing their patients. If you do not receive a call to be COVID tested 5 to 3 days prior to your procedure, call our office, not the facility.
- If you have been vaccinated, please provide proof of vaccination to our office and the facility.

## Preparing for your Colonoscopy-1 Day Prior

- The morning prior to your procedure, you will begin a **clear liquid diet**. This begins as soon as you wake up. You can drink plenty of fluids.
- At 3pm, consume 3 Dulcolax Laxative Pills
- At 5pm, mix the whole bottle of MiraLAX (238grams/1 ½ cups of MiraLAX powder) with a 64oz of Gatorade/Powerade/ or Crystal Light for diabetic patients. Make sure the drink you chose is **NOT BLUE or RED**. Shake well and consume within one hour. The bottle must be completely empty.
- If by 8pm, your bowel movements are not completely clear. Consume 8oz magnesium citrate.
- Fasting once you go to bed. Nothing after midnight.

## Clear Liquid Diet Recommendations

- Absolutely NO solids
- Soups: Clear Bouillon Broths such as beef, chicken, or vegetable broth.
- Beverages: Tea, Black Coffee (no creamer), Gatorade, Carbonated Soda, Apple Juice, Cranberry Juice, Orange Juice, Grape Juice, and/or Crystal Light for diabetic patients.
- Desserts: Jell-O, Popsicles, Ices
- Please avoid consuming drinks/products that are RED or BLUE.

## Day of Your Procedure

- You will need a driver to and from your procedure. The driver will not be allowed to enter the facility with you but can drop you off. Please inform the driver to stay within 30 minutes of the facility. Once you are starting the discharge process a nurse will contact your driver to come pick you up by phone.
- Leave all valuables at home.
- Go in comfortable clothing.
- Call our office to schedule a 2 week follow up.

## Things to keep in mind...

- **CHECK IN TIMES**-Check in times are always tentative and subject to change. The schedule is always updating. The check in time given to you at the time of schedule could fluctuate significantly between now and your procedure date. Usually, the hospital or facility to where you are schedule will contact you a few days prior. Go with the time they give to you, the hospital/facility time is trumps what we have discussed as they have the most up to date schedules and times. Our office will also call one day before to reconfirm with you.
- **BENEFITS/COVERAGE**-Our office will always contact your insurance plan to get a quote of benefits. If you are subject to a deductible or out of pocket our office will contact, you via telephone or email to discuss what your charges will be for our provider(s). We do not give quotes for the facility/hospital charges. We will collect on any charges at the latest 2 days prior to your procedure date.
- **NO SHOWS**-If you no show to your surgery you will be subject to a **\$100 dollar no show fee**. You will not be rescheduled. The provider will need to see you in the office before another date is set. The fee must also be paid in full.
- **RESCHEDULING**-We understand life happens but rescheduling a surgical procedure can be difficult as there are many moving pieces. Please be mindful of rescheduling your procedure, to avoid any charges you should reach out to your scheduler within 48 hours of your procedure to reschedule, otherwise you could be subject to a **\$50-dollar rescheduling fee**.
- **FMLA/Short Term Paperwork**-Our office charges a \$35.00 fee for any paperwork. This fee can be paid at the time of your surgery being scheduled, or upon completion our office will contact you for payment. Please allow our office 7 business days to process paperwork. Revised 07/2021 (az)