

Colonoscopy

Split-Dose Prep Instructions



Procedure date: _____ Check-in time: _____ GI physician: _____

Special instructions:

To ensure a successful exam, please follow all instructions on this sheet carefully. Failure to do so could result in your procedure being postponed or canceled.

Diabetic patients:

Day prior to procedure:

- Consume normal calorie intake in form of regular sugar liquids (no sugar-free).
- Regularly test/monitor your sugar levels.
- Take only ½ dose of diabetes medication (pill/insulin) the night before procedure.

Day of procedure:

- Do not take any diabetic medication.
- Bring diabetes medication to procedure.
- Take diabetes medication following procedure, after you have eaten.

Items to bring to procedure:

- Photo I.D.
- Insurance Card
- Payment if applicable
- Current list of all prescription and over the counter medications

Transportation:

- You will be under sedation during your procedure and will be unable to work, drive or operate heavy machinery the day of your procedure.
- Make arrangements to have someone drive you to and from your procedure.
- You will not be allowed to use any form of non-medically approved, public transportation following your procedure including: Taxi, Bus, Ride-share service, Uber, Lyft and the like.
- You can expect to be at the facility for a minimum of (2) hours

Cancellation:

- Cancellations received within 48 hours of check-in time will result in a \$50.00 cancellation fee.

7 Days prior to procedure: Pick up your Bowel Prep Kit from Pharmacy

5 Days prior to procedure:

- DO NOT DRINK ALCOHOL FOR (5) DAYS PRIOR TO YOUR PROCEDURE.
- DO NOT take any ibuprofen products. Taking Tylenol (acetaminophen) is allowed.
- Stop taking anticoagulants or blood thinners such as: Coumadin, (Warfarin), Celebrex, NSAIDS, and Plavix, if necessary, we will request Cardiac clearance.

1 Day prior to procedure:

- No Solid Foods at all this day. You must follow a clear liquid diet throughout the day. See Liquid diet protocol below.

ACCEPTABLE CLEAR LIQUIDS:

- Colored Liquids - Green, Yellow, Orange in color (coffee, tea, cola is acceptable)
- Gatorade, Pedialyte, Powerade
- Premier/ensure Active - Clear only
- Beef, Chicken, Vegetable Broth or Bullion
- Coffee or Tea/unsweet or sweet (no dairy or non-dairy creamers)
- Carbonated Soft Drinks or Waters (No Big Red)
- Kool-Aid or other Fruit-Flavored Drinks
- Fruit Juice (no pulp, red, pink or purple color)
- Jell-O, Popsicles, Sherbet, Hard Candy

NOT ACCEPTABLE CLEAR LIQUIDS:

- Anything Red, Pink, Purple or Blue in color
- Alcoholic beverages
- Dairy, Milk, Cream or Non-Dairy Creamers
- Broth/Bullion containing Noodles, Vegetables, Eggs
- Juice with pulp

Step 2 at _____ a.m./p.m.

- Mix prep solution according to instructions provided in box. Do not follow any other instructions on the packing
- Take first dose of prep solution.
- MIDNIGHT - Nothing to eat or drink after midnight, except for prep solution as instructed below.

Day of procedure:

Step 3 at _____ a.m./p.m., take the second dose of prescribed bowel prep.

- DO NOT eat any solid foods.
- If Diabetic, **SEE DIABETIC PROTOCOL** Instructions
- Take prescribed heart/blood pressure medications only, as directed with a small sip of water at least 3 hours prior to procedure.
- See **TRANSPORTATION PROTOCOL**.
- Times are subject to change based on changes in schedule.
- You will receive a call regarding your test results 7-10 business days after your procedure



Your procedure will be conducted at the facility indicated below:

8155 E. 1st Ave
Denver, CO 80230