

CHECK- IN TIME: \_\_\_\_\_ \*\* THIS TIME MAY CHANGE!!!! The office or facility staff may call you to change the time of your appointment. Please check any messages and return any phone calls from the office or facility! This is very important!

### COLONOSCOPY INSTRUCTIONS

- **YOU WILL BE SEDATED – YOU CANNOT DRIVE YOURSELF HOME AFTER THE PROCEDURE**
- **YOU MUST HAVE A RESPONSIBLE ADULT TO TAKE YOU HOME VIA PRIVATE TRANSPORTATION**
  - **NO BUS, NO TROLLEY, and NO WALKING HOME:** If you do not have an appropriate ride, you cannot receive sedation for your procedure. **NO EXPEPTIONS!**
  - **IT IS EXPECTED THAT RIDES BE WITHIN 15 MINUTES OF THE CENTER.** Your ride will be called when you are ready for discharge and must be available ***IMMEDIATELY*** to pick you up. They will be required to sign your discharge instructions. Any ride with no cellphone access ***must*** remain at the center.
  - **IF YOU ARE THE LAST APPOINTMENT OF THE DAY, YOUR RIDE MUST REMAIN AT THE CENTER UNTIL YOUR DISCHARGE**
- **YOU CANNOT WORK, DRIVE, GO TO SCHOOL/APPOINTMENTS OR BE LEFT ALONE AFTER THE PROCEDURE**
  - Consider this as an all-day event: plan to go straight home afterwards for the remainder of the day. You can return to normal activities the following day in most cases.
- **YOUR TOTAL TIME AT THE CENTER MAY BE AS LITTLE AS 1 HOUR & UP TO 4 HOURS**
  - Although it is usually ***much less*** than 4 hours, unexpected delays can occur. Please **plan accordingly** with your ride – they need to be within 15 minutes of the center and available to pick you up when we call.
- **WHAT TO BRING WITH YOU:**
  - **PHOTO ID & ALL INSURANCE CARDS** – without proper identification, we will be forced to cancel your procedure
  - **A LIST OF CURRENT MEDICATIONS** – this information is required during admission
  - There are forms to complete once you arrive – if you need reading glasses, please bring them with you
- **BILLING/INSURANCE:**
  - You may have co-pay or co-insurance due at the time of your procedure. If you have questions about your coverage, we recommend calling your insurance to verify the benefits
  - If you need to make payments arrangements (for large copays, etc) you can call our billing department at 619-425-2737.
  - Cancellations/No-Shows: if you cannot make your schedule appointment, please call the office as soon as possible so another patient can use your appointment time. **Any cancellations less than 48 hours prior will be charged 150.00 DLS.**

#### **7 DAYS BEFORE YOUR PROCEDURE:**

Hold all iron supplements; fill your prescription for your preparation solution (Golytely, Gavalite)

#### **5 DAYS BEFORE YOUR PROCEDURE:** Avoid nuts and any foods containing seeds

Hold any blood-thinning medicines (Coumadin/Warfarin, Xarelto, Aggrenox, etc) unless...

**IF YOU HAVE HAD A STROKE, EMBOLISM, OR STENT PLACED WITHIN ONE YEAR – DO NOT STOP BLOOD THINNERS/ASPRIN FOR PROCEDURE THE DAY BEFORE YOUR PROCEDURE: NO SOLID FOODS AT ALL!!! CLEAR LIQUID DIET ALL DAY (from the time you wake up!)**

- **IN THE MORNING:** Add water to the fill line of your prep solution, shake well until all powder is dissolved and then refrigerate. You can add the flavor packet to the gallon at this time (if you were given one at pharmacy). You can also use flavor packets such as Crystal light or Gatorade to help with the taste (avoid anything red or purple in color)
  - Take your usual medications (see restrictions above). Diabetic patients take ½ your usual dose
- **AT MID-DAY:** Some patients receive additional sample medications-if you received sample medications, take midday. If you did not receive sample medications, there is nothing for you to take midday.
- **AT 4PM: Start your prep!!** Drink at least an 8oz glass of the solutions every 10 minutes and keep drinking until ½ the solution has been consumed (we recommend you drink each glass rapidly instead of taking small sips - a drinking straw may help. Adding individual flavor packets such as Crystal Light or Gatorade can help with the taste. Avoiding anything red or purple in color)
- ***\*\*Feeling abdominal “fullness” and nausea is common after the first couple of glasses of solution. This is usually temporarily and subsides once the bowel movements. Stay close to the bathroom – you will be having very frequent bowel movements once the prep begins to take affects. Baby wipes can help with discomfort from frequent wiping\*\****
- ***\*\* IF YOU HAVE SEVERE CONTINUOUS ABDOMINAL PAIN OR YOU VOMIT THE PREP MORE THAN 2 TIMES, STOP AND CALL Dr. Alayo\*\****

**THE MORNING OF YOUR PROCEDURE: YOU MAY ONLY DRINK CLEAR LIQUIDS UP TO 4 HOURS BEFORE YOUR PROCEDURE, YOU WILL NEED TO STOP DRINKING ANY LIQUIDS 4 HOURS PRIOR YOUR APPOINTMENT TIME.**

**EXAMPLES ARE WATER, CLEAR JELLO, CLEAR BROTH, AND CLEAR GATORADE.**

**FINISH THE REMAINDER OF YOUR PREP SOLUTION: FOLLOW THE SAME ROUTINE AS THE PREVIOUS DAY (8oz every 10 minutes)**

- **IF YOUR APPOINTMENT CHECK-IN TIME IS BEFORE 12:00PM NOON: START AT 3:00AM**
- **IF YOUR APPOINTMENT CHECK-IN TIME IS AFTER 12:15PM: START AT 6:00AM**
- TRY TO FINISH YOUR PREP AS QUICKLY AS POSSIBLE (no less than 2 hours before check in time)
- Drink the solution until it is **100% consumed**. It is very important that you take **ALL** of the prep!!!  
**DO NOT ASSUME BECAUSE YOU “SEEM CLEAR” THAT ONLY TAKING PART OF THE PREP IS ENOUGH!!!**

