

Endoscopy Center of the Rockies

PATIENT NAME: _____

Please be aware that if your procedure is scheduled at

DATE: _____

Lafayette the doors on the west side of the building will

CHECK IN TIME: _____ PM

open at approximately 6:30am. We are expecting your

LOCATION: _____

arrival so please be patient with us.

PROCEDURE DETAILS: _____

When you arrive to our facility you will need to check in via the white phone located in the Endoscopy Center lobby.

AFTERNOON PROCEDURE

ONE GALLON PREP

PURCHASED AT YOUR LOCAL PHARMACY

PLEASE READ ALL INSTRUCTIONS CAREFULLY!

Five Days Before Your Exam:

- STOP taking iron and multivitamins containing iron five days prior to procedure
- If you are taking Coumadin or other blood thinners, contact us at 303-444-4066 regarding specific instructions as to when to stop taking these medications.
- If you are diabetic, contact us at 303-444-4066 regarding specific instructions.

CONTINUE YOUR REGULAR MEDICATIONS UNLESS YOU ARE TOLD OTHERWISE

Two to Three Days Before Your Exam:

- Purchase a ONE GALLON COLON PREP from your pharmacy. You will need a prescription from our office. The prep is unflavored; you may add one packet of Crystal Light Lemonade-Flavored soft drink.
- From your grocery store purchase
 - **CLEAR LIQUIDS**, such as water, tea, coffee (NO CREAMER), 7-Up, ginger ale, apple or white grape juice (no juice that is red or purple), clear soup broth, gelatin (no red or purple), popsicles (no red or purple) or Gatorade (no red or purple) or 100% cranberry or pomegranate juice (even though it is red, there is no dye in it)
 - **FULL LIQUIDS**, such as milk shakes, creamy soups, pudding, yogurt, fruit juice, cream of wheat.
 - A lemon or lime
 - Tucks medicated wipes or baby wipes (alcohol and fragrance free) and Charmin Plus toilet tissue to minimize the expected anal irritation from wiping.

Follow These Instructions the Day Before Your Exam: DATE: _____

Morning: Have a regular breakfast, avoiding vegetables, pulpy fruits, oatmeal, and cereals with high fiber, nuts and small seeds such as sesame seeds.

Noon: Have a regular lunch, avoiding vegetables, pulpy fruits, oatmeal, and cereals with high fiber, nuts and small seeds such as sesame seeds.

Dinner: Have a **FULL LIQUID** dinner. You may have as many full liquids as you want. (listed on page 1)

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At this point you have the option of a) Drinking all of the prep in the morning of your procedure or b) drinking ½ of the prep now and completing the second ½ in the morning (this can make the overall experience easier). Regardless of which option you choose please follow the mixing instructions below. Any overnight storage should be in the refrigerator.

Evening: Continue eating and drinking **CLEAR LIQUIDS ONLY**. (listed on page 1)

The Day of Your Exam:

Morning of the Exam: Prepare and mix together your full gallon prep. Carefully read the instructions for mixing the solution. Refrigerating it can help with the taste.

At least 6 hours prior to your procedure:

Begin drinking the gallon prep. Drink 8 ounces every 10 minutes. If this becomes difficult, drink a glass every 15 or more minutes, as you can tolerate. It's best to drink each glass quickly rather than slowly sipping. To clear your palate of the taste try sucking a lemon or lime wedge before and after each glass. Drink the whole 1 gallon of prep.

Note: Yes, it takes the whole 1 gallon of laxative solution to really do a good job. If you want an accurate examination, it is important that your preparation for the test is complete. If your colon is not well cleaned out, the test may have to be rescheduled for another day.

- Feelings of bloating, chills and/or nausea are common after the first few glasses, due to the large volume of fluid ingested. This is temporary and will improve once bowel movements begin. Most people have a bowel movement within an hour or two of starting the laxative. Sometimes, there may be a delay of four hours. You just need to be patient. Just remember to stay close to a bathroom.
- Tucks/baby wipes and Charmin Plus toilet tissue may help with irritation after the numerous bowel movements.

You may continue **CLEAR LIQUIDS** up to 2 hours prior to the procedure. Take nothing by mouth **NOT EVEN CLEAR LIQUIDS** 2 hours before your exam. You may take medications with sips of water.

THINGS TO REMEMBER BEFORE YOU GO TO OUR CLINIC

- Do not bring or wear any jewelry on the day of your procedure
- Please bring a current list of medications and allergies (if this is written out it may expedite your check in time)
- Please bring a photo ID and insurance card if we have not already scanned it into our system.
- **YOU MUST HAVE AN ADULT DRIVER, 18 YEARS OF AGE OR OLDER TO DRIVE YOU HOME AFTER THE PROCEDURE WHO WILL ACCEPT RESPONSIBILITY FOR YOU.** The person driving you must remain at the facility or be within a 15 minute driving distance. The staff will notify them when your procedure is complete. Your designated adult driver will be responsible to be present at discharge for the instructions and teaching. You are not allowed to take a **taxi, bus, access a ride, walk home, etc.** If you do not have a ride your procedure will have to be cancelled. You will be asked not to drive, sign legal documents or consume alcohol for 24 hrs. It might be helpful if someone stays with you for the following 6 hours after the procedure in case you are still sleepy.
- Plan to be at the facility a total of 1-2 hours for check-in, procedure and recovery. Your ride will be permitted to stay with you during check in and recovery. They will be asked to stay in the designated waiting area during your procedure.

If you have any questions please call our office at 303-444-4066 or visit our website at www.gastrorockies.com

Updated 04/23/09

Endoscopy center of the Rockies was developed by members of the medical community interested in providing quality care in a comfortable setting. Physicians of Gastroenterology of the Rockies have an ownership interest in these centers.