

Colonoscopy Preparation Instructions

Flexible Sigmoidoscopy

Patient Name: _____

Procedure Date: _____ Check-In Time: _____ am / pm
(CIRCLE ONE)

Location: _____ Dr. Name: _____

About Your Colonoscopy:

A colonoscopy is a procedure your doctor will perform to examine the lining of your colon (large intestine). The doctor will insert a flexible tube into the rectum and through the colon, looking for abnormalities. Prior to the procedure, you may be given a sedative and pain medication through an IV. Following the procedure, you may be groggy for a few hours and therefore, should not schedule anything else for the remainder of the day. You are NOT allowed to drive for the remainder of the day. It is recommended to have a person over the age of 18 stay with you for 6-8 hours after the procedure.

Please note, it is your responsibility to contact your insurance company about coverage and cost for your upcoming colonoscopy procedure. Sometimes colonoscopies result in a cost to the patient. Be sure to state to the insurance company when you last colonoscopy was and if you have a personal history or family history of colon cancer or polyps.

Appointment Considerations:

- **DO NOT DRINK ANYTHING FOR 2 HOURS BEFORE YOUR ARRIVAL TIME.**
- Plan to be at our facility for at least 2 hours. Please read the prep instructions on page 2 THOROUGHLY.
- **YOU MUST HAVE A DRIVER 18 YEARS OF AGE OR OLDER WHO WILL ACCEPT RESPONSIBILITY AND DRIVE YOU HOME.** They will need to be within a 15-minute driving distance of our facility. They will be notified when your procedure is over and MUST be present at the time of discharge to receive instructions and teaching.
- You are **NOT allowed to take a bus, taxi, Uber/Lyft, Access a Ride, walk home, etc.** Your driver will be asked to sign our discharge paperwork indicating that they are driving you home; if you are utilizing a paid medical driving service, please call ahead to ensure the driver will sign our discharge paperwork.
- **If you DO NOT have a ride, your procedure will be cancelled or rescheduled.**
- Please bring a list of your current medications (including non-prescription) and allergies. If you have not completed the online registration, then please bring your **PHOTO ID** and **INSURANCE CARD**.

Cancelling / Rescheduling:

If you need to cancel or reschedule your appointment, you **MUST** do so three business days prior to your appointment date, or a \$150 cancellation fee may be assessed.

Gastroenterology of the Rockies patient belongings and valuables policy:

Patients and visitors are responsible for all belongings. We recommend you bring only essential items to your procedure. Gastroenterology of the Rockies is not responsible for replacing lost or misplaced items.

Please check in using the **WHITE PHONE** located in the lobby – the receptionist is unable to check you in

- Boulder – Located to your left as you walk through the 2nd automatic door, next to the door with a stop sign.
- Lafayette – Located to the right of the receptionist's desk.
- Lakewood – Located to the left of the door in the endoscopy waiting room.
- Longmont – Located on a small table on the east side of the partition in the lobby.
- Northglenn – Located in Suite 320 on the wall directly to the right of the desk.

Flexible Sigmoidoscopy Preparation

Instructions

5-days before your exam:

- Discontinue medications containing iron.
- If on blood thinners, please call our office and consult prescribing physician for possible dose alterations (Coumadin, Warfarin, Pradaxa, Xarelto, Eliquis).
- If you are diabetic and need additional instructions, please call 303.604.5000 and request to speak with a nurse.

2-days before your exam:

- Purchase two Plain Fleets Enemas from the pharmacy
- If you have a tendency towards constipation, you should purchase three enemas.
- Begin the low-fiber diet ** See Below**

The day of your procedure:

- **Do NOT eat solid foods for 10 HOURS prior to your procedure.** For example, if your procedure is at 10 am, do not eat anything after midnight. You may have a clear liquid diet the day of your procedure (see approved liquids below).
- Morning medications may be taken as usual, except for the above-mentioned items.
- **Do not use marijuana the day of your procedure.**
- **You MUST STOP all clear liquids 2 hours prior to your arrival time.**
- **One to one and a half hours before leaving home:** Give yourself the first enema, hold as long as possible (up to 20 minutes) and then expel it. Allow yourself to rest for a few minutes. Repeat with the second enema, again holding for no more than 20 minutes. Repeat a third time if you have a tendency towards constipation.

*** If you feel the prep is not working, please call our office at 303.604.5000 ***

Preparation

Diet & Tips

Bowel Preparation (cleansing) is necessary to perform an effective colonoscopy. Any stool remaining in the colon can hide lesions and result in the need to repeat the procedure.

High fiber foods to AVOID starting 2-days before procedure:

- Nuts, seeds, dried fruits, raw vegetables, beans
- Whole-grain cereals, oatmeal

Low-Fiber Diet:

- White bread, white rice, pasta, skinless potatoes, plain crackers, low fiber cereals
- Fish, white meat chicken, eggs, creamy peanut butter, tofu
- Cooked carrots, cooked green beans, cooked spinach, applesauce, bananas, canned peaches
- Milk, plain yogurt, cheese

Clear Liquid Diet:

If you can see through it, you can drink it. NO RED OR PURPLE DYES

- Sports drinks, clear sodas, juices without pulp, water, teas, black coffee
- Clear broths, gelatin, popsicles
- Clear hard candies (not red or purple)
- **NO ALCOHOL, NO DAIRY PRODUCTS**