



COLONOSCOPY INSTRUCTIONS FOR PATIENT

DATE OF PROCEDURE:

BEFORE DAY OF PROCEDURE:

You will be called the day before your procedure between the hours of 1 and 4 pm with the time that you should arrive at the hospital. If you have not been contacted by 4:45 pm the night before, please call 435-623-3033.

-Follow instructions on the Colonoscopy Bowel Prep sheet (“see attached”)

*Please check with us before taking any medication prior to your procedure. IF YOU ARE ON BLOOD THINNERS, OZEMPIC (SEMAGLUTIDE), ANTI PLATELETS, OR HAVE A HISTORY OF HEART ATTACKS, STROKES, OR DIAGNOSED IN THE PAST WITH COLON CANCER PLEASE NOTIFY US IMMEDIATELY! You may take Ibuprofen, Aspirin, Naproxyn (Aleve), or Tylenol as an over the counter pain reliever.

Colonoscopy Bowel Prep

Bowel Prep

A “bowel prep” is done to prepare the bowel for surgery or a procedure. The purpose is to clear out the bowel of all solid matter. Please follow these instructions. Do not follow the instructions on the box. You will need to begin the bowel prep on the day before your colonoscopy.

Before starting the prep you will need these items from a pharmacy:

- Bowel Prep Kit- You will need a prescription: Pick up at _____.

The coupon is attached that you need to give to the pharmacist to bring it down to the \$50 payment.

- May need to purchase a Fleet Enema (if you have not had a bowel movement by 11:00 pm the night before the procedure.)- Over the Counter

PLEASE FOLLOW THESE INSTRUCTIONS:

On the Day Before your procedure: (Date) _____

IT IS VERY IMPORTANT THAT YOU ONLY DRINK CLEAR LIQUIDS THE DAY BEFORE YOUR SCOPE SUCH AS:

- water
- apple juice
- white grape juice
- soda (no red or purple colors)
- lime or lemon Jello
- bouillon
- black coffee (you can have sugar, but no cream)
- plain tea (you can have sugar, but no cream)
- lemon or lime Popsicle's

Thank you. We look forward to serving you at our hospital.

For additional questions, call Dr. Beck's office at 435-623-3258 or the Same Day Surgery Desk at 435-623-3640

You may drink unlimited amounts of clear liquids before midnight and are encouraged to do so to help prevent dehydration from the prescribed laxative.

- Do not drink milk or eat anything colored red or purple.
- Do not drink alcohol.
- Do not take other laxatives while taking prescribed bowel prep.
- Do not take oral medications within 1 hour of starting each dose of prep. .
- If taking tetracycline or fluoroquinolone antibiotics, iron, digoxin, chlorpromazine, or penicillamine, take these medications at least 2 hours before and not less than 6 hours after administration of each dose of SUTAB®.

NO SOLID FOODS, NO MILK OR MILK PRODUCTS, DO NOT DRINK ANYTHING WITH RED OR PURPLE DYES.

Plan ahead so you will have a bathroom nearby. You may need to get to the toilet right away. You will have several bowel movements throughout the day. They will become very watery. The bowels are “clear” or clean when there is only pale yellow fluid without flecks of stool.

Problems:

- If you have indigestion, cramps, nausea or vomiting, lie down and rest. Continue to drink fluids but avoid coffee and tea.
- Do not smoke
- If you vomit more than twice, **Please call (435) 623-3640 (Surgery Nurse Station)**
- If you experience **severe** weakness or dizziness, continue to drink liquids but discontinue the SUTAB®.
- If you are not having a bowel movement, use a Fleet enema at 11:00 pm.

**YOU MUST HAVE A DRIVER.
YOU CANNOT WORK OR DRIVE THE DAY OF YOUR PROCEDURE.**

YOUR PRE-OP CHECK LIST:

- ✓ Please leave jewelry and valuables at home.
- ✓ Do NOT wear make-up
- ✓ Wear comfortable clothing, a short sleeved shirt as they will be placing an IV, and easy to slip on shoes.
- ✓ You must have someone with you the day of surgery to drive you home.

DAY OF PROCEDURE:

Procedures scheduled before 8 am will check in at the Emergency Department.

Procedures scheduled 8 am or later will check in at the Admitting desk.

After being admitted Nursing will

- Check blood pressure, temperature, weight, ect.
- Review your surgery consent and verify accuracy
- Start an IV
- Answer questions

****IF DR BECK DOES ANY BIOPSIES DURING THE SCOPE KNOW THAT YOU WILL BE SCHEDULED A FOLLOW UP APPOINTMENT TO GO OVER THOSE RESULTS ABOUT 1 WEEK AFTERWARDS. PLEASE WATCH FOR A FOLLOW UP APPOINTMENT DATE IN THE FOLDER OF INFORMATION THE NURSES SEND HOME WITH YOU. YOUR APPOINTMENT WILL BE HIGHLIGHTED.**

If you have any questions, call: (435) 623-3258 or (435)- 623-3640