

# COLORECTAL SURGICAL & GASTROENTEROLOGY ASSOCIATES

2620 Wilhite Drive, Lexington, Kentucky 40503

Phone: (859)278-8486 Fax: (859) 278-8488 After Hours: (859)276-2594

## COLONOSCOPY INSTRUCTIONS

You are scheduled for a colonoscopy with:

**\*\* Please arrive one hour prior to your appointment time \*\***

**Your colonoscopy is scheduled at:** Colorectal Surgical and Gastroenterology Associates (CSA Endoscopy), 2620 Wilhite Drive. Wilhite Drive is on the corner of New Circle Road and Nicholasville Road. (Starbucks is on the corner) The Endoscopy Center is on the right in the Professional Plaza Building. Enter the building and follow the signs to Suite 103.

**Time involved:** Approximately 2 to 3 hours from walk in to walk out.

**Sedation:** You will be sedated with an IV conscious sedation for this procedure which is used to relax you and make you feel sleepy. As a result, time will appear to pass very quickly and you will not recall much or, perhaps, even anything at all of what has happened. **Therefore, you must bring someone with you to drive you home that is willing to accept the responsibility for your care.**

**TEN DAYS BEFORE:** Do not consume anything containing **OLESTRA**, a "fake fat" that is sometimes found in no fat foods.

**SEVEN DAYS BEFORE:** Stop taking Plavix and take an aspirin instead. We recommend that you seek permission from your prescribing physician to stop taking Plavix. If you wish to discuss this issue further, please call or make an appointment to see your physician at Colorectal Surgical & Gastroenterology Associates.

**THREE DAYS BEFORE:** Stop taking Ticlid, Coumadin, Warfarin, Aggrenox or Pradaxa. We recommend that you seek permission from your prescribing physician to stop taking Ticlid, Coumadin, Warfarin, or Aggrenox. If you wish to discuss, please call or make an appointment to see your physician at Colorectal Surgical & Gastroenterology Associates.

Take other medications as you normally would during your prep with the exception of laxatives and fiber products. If you take diabetes medications, please check with the physician that monitors your diabetes for any special instructions.

**ONE DAY BEFORE: Stop taking Lovenox. NO SOLID FOOD.** Follow a clear liquid diet all day of: fruit juices without pulp or consistency, coffee, tea, water, clear broth or bouillon, soft drinks, jell-o, and popsicles. Dairy products are not allowed.

**If you have a morning procedure:** the day before at 4:00 p.m. - take the first liter of **MoviPrep** solution over one hour (one 8 ounce glass every 15 minutes), followed by at least 2-8 oz glasses of water. At 10:00 p.m. take the second liter of **MoviPrep** solution over one hour (one 8 ounce glass every 15 minutes). Nothing by mouth after midnight.

**If you have an afternoon procedure:** the day before at 4:00 p.m. - take the first liter of **MoviPrep** solution over one hour (one 8 ounce glass every 15 minutes), followed by at least 2-8 oz glasses of water. **Four hours** before your exam, take the second liter of **MoviPrep** solution over one hour. Nothing by mouth 3 hours before your exam.

Your body loses significant amounts of fluid during bowel preparation. In order to prevent dehydration, it is important to supplement that fluid loss with clear liquids. **Make a conscious effort to drink as much as you can before, and after your procedure.**

**PLEASE BRING:** A list of all of your medications to the hospital with dosage and frequency information.

If you should have any questions, please do not hesitate to call our office at 859-278-8486, Toll Free 888-278-8488.

**If you are scheduled for a screening colonoscopy, and are not experiencing symptoms, i.e. abdominal pain, rectal bleeding etc., we encourage you to contact your insurance company to determine your benefits for this service. Our office follows federally mandated guidelines, and will bill your claim accordingly. Every effort will be made to work with your insurance company to ensure that your claim will be paid to the fullest, but it your responsibility to understand your insurance benefits.**

# COLORECTAL SURGICAL & GASTROENTEROLOGY ASSOCIATES

2620 Wilhite Drive, Lexington, Kentucky 40503

Phone: (859)278-8486 Fax: (859) 278-8488 After Hours: (859)276-2594

## What to Do If You Develop Vomiting While Taking Your Colonoscopy Prep

Nausea and vomiting are the most common side effects / symptoms reported when taking a colonoscopy prep. Please follow these instructions if you develop nausea and vomiting:

### **First:**

Slow down taking the prep. Instead of taking it every 15-20 minutes, stop for 30 minutes or more and then resume taking the medication, only more slowly, with longer intervals between doses *if* needed. You can also take an anti-nausea medication if you have one at home, such as Phenergan or Reglan.

### **Second:**

If vomiting persists, you can substitute an over-the-counter laxative medication called Magnesium Citrate (the pharmacist can help you find it). Take the Magnesium Citrate only if you don't have a history of heart failure or renal (kidney) insufficiency. You can take 1 bottle of Magnesium Citrate in place of every 32oz (1 liter) of the Nulytely / Golytely / Halflytely / Moviprep / or others, that you are unable to drink. No more than 2 bottles of Magnesium Citrate should be required.

### **Third:**

If your vomiting persists, despite the above measures, you can call the on-call physician (Medical Society Exchange 859-276-2594) for an anti-nausea medication prescription to assist you in completing the colonoscopy prep.

### **Finally:**

Once the vomiting subsides, make sure you drink plenty of clear fluids. Drink as much as you can tolerate. This will help prevent dehydration and adverse reactions related to the colonoscopy prep.