

# Colorectal Surgical Associates

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**Date/Time of Surgery:**

**Check in Time:**

**Doctor:**

**Location:**

**1) TWO WEEKS BEFORE COLONOSCOPY:** Stop herbal and weight loss pills.

**2) STOP THE FOLLOWING MEDICATIONS** (blood thinners/anticoagulants):

- Warfarin (Coumadin)
- Clopidogrel (Plavix)
- Aspirin, Ibuprofen, Advil, Motrin, Aleve
- Fish Oil
- Multi Vitamins
- Cardiotabs
- Lovenox
- Rivaroxaban (Xarelto)
- Dabigatran (Pradaxa)
- Apixaban (Eliquis)
- Heparin
- Enoxaparin
- ALL HERBAL MEDS
- Chondroitin, dan shen, feverfew, garlic tablets, ginger tablets, ginkgo, ginseng, and quilinggao

**\*\*\*\*\*Our office would like for you to stop the above medications one week before surgery; however, you will need to call your prescribing doctor to find out exactly when they want you to STOP before surgery and when to start after surgery.\*\*\*\*\***

**3) Antibiotics:** If you require antibiotics before going to the dentist or for a heart murmur, valvular disease or joint replacement, please call the office at 816-941-0800 Option #2.

**4) Prep Items:** Over the counter items you will need to purchase.

- Dulcolax Laxative Tablets 4 tablets, or similar store brand
- One Miralax 8.3 oz (238 gram) bottle
- One 64 ounce bottle of Gatorade (or for a NO SUGAR option you can choose to drink PowerAde Zero) **No red or purple**

## **PREP INSTRUCTIONS: TWO DAYS BEFORE PROCEDURE**

### **1) You will be on CLEAR LIQUIDS all day long.**

- You may have hard candy.
- NO SOLID FOOD.
- Clear Liquids are: Black Coffee, Tea, Soda, all clear Juice, Gatorade, Popsicles, Jell-O, and Beef or Chicken Broth.
- **NOTHING RED OR PURPLE IN COLOR**
- **NO PULP IN JUICE OR POPSICLES**

## **PREP INSTRUCTIONS: ONE DAY BEFORE PROCEDURE**

### **1) STOP taking METFORMIN (to decrease the risk of a problem called lactic acidosis.)**

### **2) You will CONTINUE CLEAR LIQUIDS all day long.**

- You may have hard candy.
- NO SOLID FOOD.
- Clear Liquids are: Black Coffee, Tea, Soda, all clear Juice, Gatorade, Popsicles, Jell-O, and Beef or Chicken Broth.
- **NOTHING RED OR PURPLE IN COLOR**
- **NO PULP IN JUICE OR POPSICLES**

3) In the morning, mix the Miralax with the 64 ounces of Gatorade, shake well and refrigerate.

4) **At 100PM** take 2 Dulcolax tablets with water.

5) **At 300PM** complete steps A and B below:

- A) Start drinking the Miralax solution, until  $\frac{1}{2}$  the liquid is gone (four 8oz glasses). Drink one 8oz glass every ten minutes until  $\frac{1}{2}$  the solution is finished. Try to drink the solution quickly (ice and a straw may be helpful.)
- B) Return remainder to refrigerator and maintain a CLEAR LIQUID diet until bedtime.

6) **At 500PM** take 2 Dulcolax tablets.

7) **At 800PM** complete steps A and B below:

- A) Drink the remaining Miralax solution, four 8oz glasses.
- B) Drink at least 3 additional glasses of clear liquid before bedtime.

8) **NOTHING TO EAT OR DRINK AFTER MIDNIGHT.**

\*\*\*If you experience severe pain or vomiting with the preparation, please call 816-941-0800 OPTION #3\*\*\*

**DAY OF COLONOSCOPY:**

- **DO NOT EAT OR DRINK ANYTHING THIS MORNING**
- You may take **heart, lung, blood pressure, or seizure medicine with sip of water**. PLEASE LET THE NURSE THAT CHECKS YOU IN AT SURGERY KNOW WHICH MEDICINE YOU TOOK TODAY.

**AFTER THE COLONOSCOPY:**

- **YOU CANNOT DRIVE YOURSELF HOME. YOU NEED TO HAVE SOMEONE DRIVE YOU HOME. YOU CANNOT TAKE PUBLIC TRANSPORTATION (BUS, TAXI, UBER ETC)!!!**
- Someone should stay with you at least 12 hours after discharge from the hospital.
- On the day of the surgery you should not drive, use heavy machinery, or sign legal documents.

**INSURANCE INFORMATION:**

- All Insurance will be called by scheduling to ensure date of activation and obtain prior authorization (if required).
- For specific benefit information, including deductible, out of pocket, co-pay, or any other questions regarding insurance coverage, you will need to call the Customer Service Number on the back of your insurance card.
- There will be a separate fee for the hospital or surgery center and for the anesthesia department (for more information about this you will need to contact the billing department at your procedure location)

**PLEASE CALL OUR OFFICE WITH ANY QUESTIONS (816-941-0800)**



