

CENTRAL COAST GASTROENTEROLOGY MEDICAL GROUP

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Colonoscopy involves passing a fiber optic instrument through the rectum into the colon so that it can be visually inspected. If polyps are found, they may be removed during the procedure. Medications will be given during the procedure to make you drowsy and more comfortable.

The WEEK before your procedure - NO NUTS OR SEEDS

If you take **any** Aspirin, Coumadin, Warfarin, Plavix, Pradaxa or other anti-coagulant medications, please be sure you have notified us so you can be instructed when to stop taking these medications.

Stop taking all Iron products. **Stop** anti-inflammatory medications such as Ibuprofen, Nalfon, Voltaren, Clinoril, Relafen, Lodine, Salsalate, Dolobid, Naprosyn, Indocin, Tolectin, Feldene, Orudis, Azapropazone, Flurbiprofen.

DAY BEFORE YOUR PROCEDURE _____

1. Drink only clear liquids for breakfast, lunch, and dinner.

Examples: clear fruit juices (apple, white grape), bouillon or broth, Jell-O, coffee and tea (without milk), sodas, Gatorade, popsicles, water, or hard candy. **Avoid anything red or purple. No Orange Juice or Pineapple Juice and NO MILK.**

2. **Prepare the Golytely/PEG-3350 at 4:00 p.m.**

Mix the GoLytely/PEG-3350 with 4 quarts of water.

Drink one glass (8oz.) every 15 minutes until you complete 3 quarts.

****Save the last quart in the refrigerator for the next day.**

Continue drinking liquids for the remainder of the day.

DAY OF YOUR PROCEDURE at _____ am/pm

Drink the remaining one quart of the prep. Drink one glass (8oz.) every 15 minutes until completed.

You may have clear liquids up until _____ After this time, nothing to eat or drink until after your procedure. Not even water.

If you are diabetic, do not take your morning insulin, but do bring it with you to the hospital to take after the procedure.

Your procedure is scheduled for:

Date: _____

Arrival Time: _____

Procedure Time: _____

_____ Coastal Surgical Institute, 921 Oak Park Road # 101, Pismo Beach, CA

_____ Arroyo Grande Community Hospital, 345 S. Halcyon Road, Arroyo Grande, CA

****You MUST have someone to accompany and drive you home after the procedure is over. We also ask that you do not drive a car or operate any machinery until the morning after the procedure.**

*****You will be contacted approximately 2 weeks before your procedure with your portion due for Dr. Hernandez's charges only. Physician's fees are billed separately from the facility, anesthesiologist and pathologist*****