

IMPORTANT NOTICE

YOU ARE ONLY PERMITTED TO DRINK CLEAR LIQUIDS. NO SOLID FOODS ARE ALLOWED FROM THE TIME YOU AWAKE THE DAY BEFORE YOUR PROCEDURE UNTIL THE PROCEDURE IS COMPLETED. IF THESE PREP INSTRUCTIONS ARE NOT FOLLOWED, YOUR TEST MAY BE RESCHEDULED OR CANCELLED.

DO NOT FOLLOW THE DIRECTIONS ON THE PACKAGING FROM YOUR PHARMACY. FOLLOW THE DIRECTIONS ON THIS INFORMATION SHEET.

Split Prep Instructions

DAY BEFORE PROCEDURE: _____

YOU ARE PERMITTED CLEAR LIQUIDS ONLY FOR THE ENTIRE DAY. NO SOLID FOODS

AT NOON -- MIX YOUR SOLUTION

AT 6:00 PM -- DRINK 2 LITERS OF SOLUTION WITHIN 2 HOURS

MEDICATIONS: YOU MAY TAKE MEDICATIONS UP TO 1 HOUR BEFORE YOU START TO DRINK THE SOLUTION. ONCE BOWEL MOVEMENTS HAVE STOPPED YOU MAY TAKE MEDICATIONS UNTIL MIDNIGHT.

DAY OF PROCEDURE: _____

5 HOURS BEFORE PROCEDURE DRINK REMAINDER OF 2 LITERS OF SOLUTION WITHIN 2 HOURS.

MORNING OF PROCEDURE YOU WILL NEED TO DRINK YOUR PREP, BUT NO OTHER FOOD OR LIQUIDS.

IF YOU HAVE A HISTORY OF AN ARTIFICIAL HEART VALVE OR ON A BLOOD THINNER LIKE ASPIRIN, PLAVIX OR COUMADIN PLEASE LET US KNOW.

CLEAR LIQUIDS PERMITTED: NOTHING RED

7-UP

GINGER ALE

JELLO

GATORADE

WHITE GRAPE JUICE

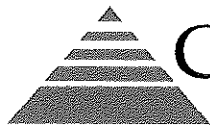
APPLE JUICE

COFFEE, TEA, BLACK

WATER

CLEAR SOUP BROTH

POPSICLES



Patient Itinerary For:

EPN:

Location: MMC - GI LAB

Phone:

Time:

Duration (in minutes):

Ordered By:

Procedure:

COLONOSCOPY PREP USING NULYTELY/COLYTE PREP

START THIS PREP ON _____

You are permitted to have only clear liquids today. No solid food.

12:00 PM Add water to your container, Shake well to dissolve crystals and then refrigerate. You may pick **ONE** of the four flavor packs that come with mixture to add to it.

2:00 PM Start drinking the NuLytely or Colyte solution. You must drink 1-2 glasses (8-16 oz) every 15 - 20 minutes. **DRINK HALF OF THE SOLUTION IN YOUR CONTAINER WITHIN TWO HOURS.** Do not add anything to your solution. (Except one of the flavor packs as stated above)

If you have any vomiting while drinking the solution, stop it for 30 minutes and then restart it. If vomiting re-occurs stop the solution and call the office for further instructions. If vomiting re-occurs after the office is closed call the office telephone number and our answering service will contact our physician on call.

6:00 PM Take the 3 Dulcolax tablets. You may have clear liquids until midnight. If your bowel movements have not become clear, drink the remainder of the solution over a period of 2 hours.

12:00 AM Nothing to eat or drink until test.

MORNING OF THE EXAMINATION:

Have nothing by mouth unless otherwise instructed. ****If your exam is scheduled after 12 noon, you may have clear liquids by 6 AM the morning of your procedure.** Do not chew gum, use mints, smoking, or use chewing tobacco until after your exam.

MEDICATIONS: You may take regular medications up to one hour before you start to drink you solution. Do not take any medications while drinking the solution or while you are having bowel movements. Once bowel movements have stopped you may take medication until midnight. You should take all lung breathing treatments, heart, blood pressure, psych, or seizure medications with a small drink of water the day of your exam.

If you have a history of a artificial heart valve, pacemaker, defibrillator or you are on a blood thinner like aspirin, Plavix, coumadin or iron supplement please let us know. Also notify the office if you have history of any bleeding disorders.

Clear liquids that are permitted: **HAVE NOTHING RED**

- | | | | | | |
|--------|----------------------|-----------|------------|------------------|-------|
| 7-up | White grape juice | Bouillon | Ginger ale | Apple juice | Water |
| Jell-O | Coffee or Tea, Black | Popsicles | Gatorade | Clear soup broth | |

Instructions for:

****IMPORTANT TRANSPORTATION NOTE****

You will be given a sedative to help you relax; therefore you cannot drive a vehicle for the remainder of the day. All patients must be accompanied by a responsible adult who can drive him/her home after the exam. Patients may only ride home in a taxi, medvan or bus if accompanied by a responsible adult. A taxi/medvan driver does NOT meet the requirements for a person to accompany you home after the exam. Failure to have a driver will result in the test not being performed and cancelled even though you have taken the colon prep. There will be no exceptions to this rule.

- You are scheduled for a *colonoscopy*, an examination of the colon (large intestine) with a flexible scope. During the colonoscopy, if an abnormality is seen, it is usually biopsied at that time. A biopsy involves removing a portion or all of the abnormal area then it will be examined under a microscope. If a biopsy specimen is collected during your procedure, the results will be available in 5-7 days from the date of your procedure.
- A thorough cleansing of the colon is essential and the exam will be most successful if you follow the directions for the colon prep. If you have any questions about the test or prep, call our office at (814) 534-1270.

MEDICATIONS:

- Bring a list of all prescription and non-prescription medications including vitamins and herbal supplements. Do not bring your actual medications. Also, bring a list of any medications you are allergic to.
- Do not take diabetic medications the day of your exam. If you take insulin, check with your primary care doctor for dose instructions for the day before and day of your procedure.
- Discontinue iron pill or vitamins that contain iron 5 DAYS before the exam.
- Discontinue _____ (blood thinner) _____ days before the exam.
- You should take all lung breathing treatments, heart, blood pressure, psych, or seizure medications with a small drink of water the day of your exam.
- Do not chew gum or use mints the day of the exam. Also, no smoking or chewing tobacco prior to the exam.
- Leave all valuables including jewelry and piercings at home.
- Let the office know if you had a heart valve replacement surgery, pacemaker, or defibrillator.
- Let the office know if you have any bleeding disorders such as low platelets or prolonged bleeding time.
- Plan to be at the hospital for a total of two to three hours. **We ask that you arrive 45 minutes prior to your test.** Go to the main entrance at Conemaugh Hospital and report to the outpatient registration desk. It is the desk on the left when you enter the main lobby. Once you are registered, you will be given directions to go to the GI Lab where you will then complete any needed paperwork and get changed into a gown. The nursing staff will perform a brief assessment, place an I.V., and take you into the procedure room where you will be sedated and undergo the exam.
- **If your test is scheduled for 6:00am**, please report to the outpatient registration desk a half hour prior to your test.
- After the exam, you will rest in the recovery area while the sedative wears off. The doctor will speak with you/family regarding the results. You will receive written discharge instructions for activity, medications and follow up with a physician. A complete report of your exam will be sent to your family doctor.
- Some insurances cover screening procedures. Your family doctor may schedule a screening colonoscopy if you meet the requirements and are having no symptoms. Please check with you insurance to make sure a screening procedure is covered. If you have having symptoms such as change in bowel habits, diarrhea, constipation, bleeding, anemia, etc., and your family doctor orders the colonoscopy with these symptoms then the procedure will be billed as diagnostic. You may be responsible for deductibles and other out of pocket expenses.