



UNITED GASTROENTEROLOGISTS

Colonoscopy Instructions

Follow These Instructions. Prep starts at 5 PM and then again at 5 AM. Finish all liquids 4 hours before your arrival.

Planning for your procedure

- You **MUST** have a responsible driver to take you home. Over the age of 18. You may not take a bus or taxi. If this driver will not remain in the center the whole time you are here, they must have a cell phone AND be available to come back to get you as soon as we call them. You may plan **APPROXIMATELY** 2 hours total from the time you arrive until you are ready to go home, this is just an approximation.
- **YOU MUST INFORM** your physician if you are taking any BLOOD *THINNING* MEDICATION, such as: Aspirin, Coumadin, Warfarin, Plavix, Effient, Aggrenox, Heparin, Pradaxa or a blood thinner not listed.
- **Stop NSAIDS 5 days prior** (Non-steroidal Anti-inflammatory medications) such as Motrin, Advil, Aleve, Ibuprofen, Celebrex, Naprosyn, Excedrin. If you are taking a prescribed NSAID, please discuss this with the physician.
- **If you have a history of Constipation, please purchase Dulcolax and take 2 tablets the evening before you start your prep.**
- If you have any difficulty tolerating the preparation, please contact the medical office that you scheduled your appointment. If you reach them after business hours or on the weekends, the on call physician will be reached.

The DAY BEFORE your procedure

- You may have a light breakfast (1 egg or 1 piece of toast). NO DAIRY or juice with any pulp. After breakfast, you must stay on a clear liquid diet ONLY. NO solid foods at all after the light breakfast. Please see attached list of ideas of clear liquids.
- You will begin your bowel prep **at 5 PM and then again at 5 AM** the day before your Colonoscopy. Please follow the prep instruction that has been given to you by the

RIVERSIDE COUNTY LOCATIONS

Loma Linda University Medical Center-Murrieta: 28078 Baxter Rd. Ste. 530, Murrieta, CA 92563 **Tel: (951) 566-5229** Fax: (951) 698-0272
Murrieta Pointe: 40663 Murrieta Hot Springs Rd. Ste. C1, Murrieta, CA 92562 **Tel: (951) 200-6791** Fax: (951) 698-0272
Temecula Valley Endoscopy Center: 25150 Hancock Ave. Ste. 208, Murrieta, CA 92562 **Tel: (951) 698-8805** Fax: (951) 698-8898
Center for Medical Weight Loss: 40663 Murrieta Hot Springs Rd. Ste. C1, Murrieta, CA 92562 **Tel: (951) 200-6796** Fax: (951) 200-6797
Menifee: 29826 Haun Rd. Ste. 308, Menifee, CA 92586 **Tel: (951) 672-4149** Fax: (951) 698-0272
Corona: 2083 Compton Ave. Ste. 104, Corona, CA 92881 **Tel: (951) 837-3151** Fax: (951) 698-0272
Temecula: 31469 Rancho Pueblo Rd., Temecula, CA 92592 [under construction]
Lake Elsinore: 31571 Canyon Estates Dr. Ste. 131, Lake Elsinore, CA 92532 **Tel: (951) 245-2250** Fax: (951) 698-0272

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medical office at the time of your scheduling. Do not follow instructions given by a pharmacist or on package inserts.

- Please keep hydrated. We encourage you to drink plenty of fluids the day before your colonoscopy. Please do not have anything that is **RED** or **PURPLE**. No dairy products, or nectar type liquids.
- You may take all scheduled medications the day before your procedure unless otherwise instructed.

****The DAY OF your procedure****

- **IF you take heart, blood pressure medications or seizure medications** you may take those the morning of your procedure with a small sip of water.
- **IF you are a diabetic**, you will be instructed to HOLD your diabetic medications the morning of your procedure. Please check your blood sugar prior to your arrival, we will ask for the reading.
- Do not wear jewelry, perfumes or lotions. Leave all valuables at home, except for your Driver's License and reading glasses if you require them. You will have multiple documents to sign upon your arrival.
- You will check in at the reception area where you will sign several documents. You will then be called to the Pre-Procedure area, where you will sign you consent for the procedure and we will review your medications and history as well as your vital signs and start a small IV.
- Your Anesthetist will speak with you prior to your going to the procedure room, where you will have any questions regarding your sedation answered and your will sign the Anesthesia consent.
- Once you are in the procedure room you will be placed on several monitors and turn to your left side. You will have a chance to speak with your physician before ANY sedation is given.
- Your recovery time after the procedure before you go home is approximately 30 minutes.

****FOLLOWING your procedure****

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- Do not plan to drive a car, work or operate ANY machinery for 24 hours. You may resume normal activities the day after your procedure.
- We recommend someone stay with you after the procedure.
- You may eat and drink when you get home, unless instructed otherwise. We suggest you start with a light meal.
- You will be given detailed discharge information explaining what the doctor found, we generally discuss this with your ride home, as you may still be somewhat groggy. You will have the information to take home with you.
- You will receive any pathology results through the Medical Office 10 days after your procedure.

Points to Remember/ Suggestions

- Drink plenty of liquids the day before your colonoscopy. The more hydrated you are the better you will feel and the more successful your prep will be.
- If you develop bloating or cramping while drinking your prep, slow down your glasses or give yourself a 20 minute break.
- Nausea, cramping and fullness are common side effects.
- Drink it quickly through a straw. This has worked for some patients.
- Drink something you enjoy between each glass; suck on a hard candy or eat jell-o.
- Your insurance company will be contacted PRIOR to your appointment for authorization.
- IF you are having trouble tolerating the preparation, please call our office even if it is after business hours.
- There are four (4) components to the Endoscopy Center: 1) The Physician, 2) The Endoscopy Center, 3) Pathology and 4) Anesthesia. If you have any questions regarding your insurance and the coverage of these components, again, please contact the business office SEVERAL days prior to your arrival.
- Our website has some valuable information as well. www.unitedgi.com

PLEASE REMEMBER... YOUR PREPARATION AND ANY FLUIDS INCLUDING WATER MUST BE COMPLETED 4 hours before your arrival time. IF YOU FAIL TO COMPLY WITH THIS, IT COULD RESULT IN A POSTPONED OR CANCELLED PROCEDURE.

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Clear Liquid Diet Example

The day before your colonoscopy you must remain on a clear liquid diet.

Please **DO NOT** have any liquids that are red or purple in color.

Items you may have:

Coffee (NO creamer)

Tea

Any type of soda

Gatorade

Crystal light drinks or powdered drinks

Lemonade

Clear broth, chicken, beef or vegetable

Popsicles

Hard Candy

Jell-O

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