



## UNITED GASTROENTEROLOGISTS

### Colonoscopy Instructions

#### PLEASE FOLLOW THESE INSTRUCTIONS CLOSELY

#### ***\*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 will receive a phone call from the ENDOSCOPY center 1-2 days prior to your procedure to review your medical history and all your medications, we will also confirm your arrival time to the center, this time **MAY BE DIFFERENT** from the time you receive from the medical office when you schedule your appointment.
- Please review all the instructions prior to the phone call, so we may address any questions or concern you may have.
- **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 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). 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.

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#### 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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- You will begin your bowel prep in the afternoon the day before your Colonoscopy. Please follow the prep instruction that has been given to you by the 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 your 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 you 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 20 minutes.

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- Your medical history will be reviewed multiple times and you may be asked what you are having multiple times, this is a safety checklist.

### ***\*FOLLOWING your procedure\****

- 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 on your follow up visit. If you did not schedule a follow up visit at the time you scheduled your procedure you may call to schedule a follow up after you are home.

### **\*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. Again IF you cannot tolerate the prep, contact the Medical Office as discussed earlier.
- Nausea, cramping and fullness are common side effects.
- If you have been given any flavor packets, we suggest you do not flavor the entire solution with one flavor, it can get overwhelming. You may also try package crystals such as crystal light to help with the flavor of the prep.
- If the solution is chilled it is more tolerable.
- Drink it quickly through a straw. This has worked for some patients.
- Drink something you enjoy between each glass or prep, suck on a hard candy or each jell-o.

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- Your insurance company will be contacted PRIOR to your appointment for authorization. If you have questions about this please contact our business office several days prior to your appointment 951-698-8805 x105.
- 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](http://www.unitedgi.com)

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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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## Osmo Prep Instructions

Note: If you have been constipated, please take 30cc (tbsp.) of milk of magnesia the night before the day of your prep.

### **On the day before your Colonoscopy:**

- You may have a light breakfast: egg, cereal or oatmeal and toast.
- At 11 a.m. begin to take the Osmo pills, 4 of them with 8-10 ounce of liquid. Repeat every 30 minutes until you have taken 20 pills total (approximately 2 hours).
- So that you do not get dehydrated you must drink liquids to replenish your electrolytes, such as Gatorade, Powerade, or broth. All clear juices are also OK as are hard candy and/or chewing gum.
- Do not take any more pills until 5 p.m. but continue to drink clear liquids.
- At 5 p.m. take another 4 Osmo pills.
- After that it is up to your discretion as to whether you need to take the remaining 8 pills. 4 each half hour thereafter. The fluid you pass should be clear yellow with little or no solid matter, although it may be slightly pink depending on what you've been drinking.
- You may drink clear liquids up until midnight.

**Continue your clear liquid diet through the process of taking the prep.**

**Please do not eat or drink anything after midnight the night before your procedure.**

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