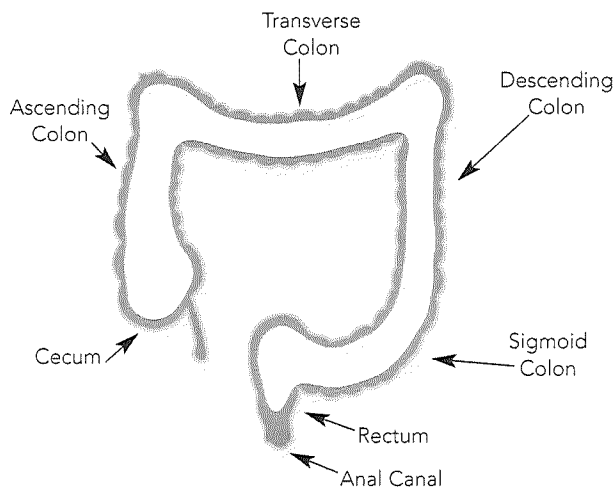


The doctor and staff would like to welcome you to our practice and thank you for the confidence you have shown in us. New patients are welcome and we appreciate your referral. We want to provide you with the highest standard of medical care currently available and feel that the key to a good patient-physician relationship is an open line of communication. Please feel free to convey any questions about your care at the time of your visit so that misunderstandings will not compromise this relationship or interfere with your care.

PREPARATIONS BEFORE SCHEDULING COLONOSCOPY

1. Tell your doctor if you are taking any blood thinners such as Plavix, Pradaxa, Coumadin®, Effient, Eliquis or Xarelto.
2. If you are a diabetic patient on insulin, you will need to receive special instructions and schedule your procedure early in the morning.
3. If you have any condition that requires you to take preventative antibiotics before you have a procedure, please tell your doctor.
4. Make sure your doctor has a list of current medications you are taking, and inform him of any allergies to medications or anesthetics.
5. Provide the office with your insurance information so authorization can be obtained, if needed. If you do not have insurance or other financial coverage, you will need to make financial arrangements ahead of time in the Business Office of the hospital and doctor's office before the day of the exam.



PREPARING FOR COLONOSCOPY

Purchase over the counter at your local pharmacy:

- Dulcolax Laxative tablets
- Two 10 oz. bottles of Magnesium Citrate (any flavor is okay)

Two Days Before the Exam: _____

1. At 4:00pm take _____ Dulcolax® laxative tablets.

One Day Before the Exam: _____

1. You are on a liquid diet **ALL DAY**: (breakfast, lunch and dinner). A clear liquid is one you can see through. Examples: broth, Jell-O® or popsicles (no red or orange), strained fruit juices, soft drinks, coffee, tea or sports drinks such as Gatorade®, Powerade® or lemonade (no milk products or SMOOTHIES). Use of non-dairy creamer is okay.
2. Drink 8-10 glasses of water throughout the day.
3. At 4:00pm take four Dulcolax® laxative tablets. You can start earlier if your schedule permits.
4. At 5:00pm drink 10 ounces of chilled Magnesium Citrate (any flavor is OKAY). **PLEASE STAY AT HOME...**
5. At 8:00pm drink 10 ounces of chilled Magnesium Citrate (any flavor is OKAY). **PLEASE STAY AT HOME...**
6. Do not eat or drink after midnight.

Day of the Exam: _____

1. You may take a prescribed medication with a small amount of water and then nothing by mouth.

2. If the exam is in the afternoon, you may have a **CLEAR LIQUID** breakfast (**NO** milk products or anything red or orange) and then nothing by mouth **FOUR HOURS** before test.
3. You **MUST** have a driver present (Family or Friend). Sedation will be given and you will be able to walk but **NOT FULLY** concentrate. Plan on staying about 3 hours to allow for check-in, procedure and recovery. You will probably not remember the procedure or talking with the doctor, so the driver can help remember the instructions. If you have any questions, be sure to ask. **Taking a taxi cab home is NOT PERMITTED.**

After the Procedure:

- Do not drive for 24 hours after the examination.
- Do not take any laxatives for three days.
- Follow your doctor's advice on resuming previous medications.

Our office will notify you within a week to ten days of any test results.

