



Digestive and Liver Center of Florida

PROCEDURE

PREP

&

INSTRUCTIONS

EGD PREP

An EGD is a procedure that allows your physician to examine the lining of your esophagus and stomach. In order for the upper endoscopy (EGD) to be thorough and safe it is important that you follow the directions listed below:

MEDICATIONS:

If you are taking blood thinners (i.e. Coumadin) or if you have a bleeding disorder, please discuss this with your physician at least several days prior to the examination.

Aspirin and NSAIDS (i.e. Motrin, Advil, Naprosyn, Aleve, and Ibuprofen) should be stopped 5-7 days prior to the procedure. (5-7days)

If you have sleep apnea please discuss this with your primary care physician and call to notify us at the phone number above, in advance of the procedure.

The morning of the examination you should take your regular medications (other than those listed) with sips of water unless instructed otherwise by your physician.

NOTHING TO EAT OR DRINK AFTER MIDNIGHT THE NIGHT BEFORE YOUR PROCEDURE

NO Hard candy, breathe mint, lozenges, chewing gum

TRANSPORTATION:

Due to possible lingering effects from the sedation, you cannot drive for the remainder of the day following your procedure, and therefore, you must have a ride home. For your own safety, you will not be discharged from the Endoscopy Center unless a responsible adult, over the age of 18, is present to either drive you home or accompany you in a taxi or public transportation.

Not following these instructions may cause your procedure to be delayed or rescheduled.

PEG PLACEMENT

Read these instructions at least a week before you come for your procedure.

WHAT IS A PEG?

A PEG is a tube that is placed through the skin into the abdominal area above the belly button.

This is for people who have difficulty swallowing and is used to deliver specially formulated liquid directly into your stomach.

HOW DO I GET READY?

One week before the exam:

- Do not take Aspirin, Advil, Ecotrin, Bufferin, Nuprin, Excedrin, Aleve and/or Ibuprofen for 7 days before your exam. Tylenol (acetaminophen), Celebrex, and Mobic are fine to take.
- If you use blood thinners Coumadin (Warfarin) or Plavix, contact your doctor about stopping it for 5-7 days.
- If you are a diabetic, contact your doctor about adjusting the dose of insulin or blood sugar pills the day of the exam.

Day of the exam:

- Do not have any solid foods or milk products after midnight.
- You may have clear liquids until 4 hours before your exam, then nothing at all until after your exam. Clear liquids (not colored red or purple) include water, soda, broth, bouillon, coffee, tea, Kool-Aid, clear juices, Gatorade, Jello, and popsicles.
- You may take your blood pressure medicine and any heart medicines with a sip of water. Your doctor may give you an antibiotic to take before the procedure with a sip of water.
- Bring someone with you to drive you home. You will be given sedatives during the exam and you will not be allowed to drive the rest of the day. However, please limit the number of people you bring with you to our waiting room. If you do not have a driver, your exam may be cancelled or rescheduled.
- Bring a list of current medications and medication allergies with you.
- Arrive at the hospital one hour before your appointment to allow for parking and registration in our department.

REGISTRATION

- When you arrive at the hospital outpatient registration and ask the receptionist to direct you to the Digestive Health Center.
- Enter our waiting room and check-in at the reception desk.
- After check-in, you will be called to register.
- After registration, you will be called to the procedure area.
- Please keep in mind that appointments are approximate times. If a delay occurs, we will do our best to update you.

WHAT WILL HAPPEN DURING THE PEG PLACEMENT?

- A doctor will explain the benefits and risks of the procedure and ask you to sign a consent form giving the doctor permission to do the procedure.
- A nurse will place an IV (needle) in your arm to give you any medicines or intravenous fluids you may need during the test. You will be given sedation through the IV to help you relax.
- Your blood pressure, pulse and oxygen level will be checked throughout the procedure.
- You will be given a numbing medication to gargle to reduce your tendency to gag. A bite block will be put in your mouth to prevent biting on the scope.
- You will be on your back with your head elevated.
- Your stomach area will be washed with disinfecting solution and towels placed over it.
- A small tube will be placed through your mouth, down the food pipe, and into your stomach. This will not interfere with your breathing.
- After your skin is numbed, a small cut will be made and the PEG tube will be inserted. This will not interfere with your breathing.

WHAT HAPPENS AFTER THE PEG PLACEMENT?

- A bandage will be placed over the tube site.
- Your blood pressure, pulse and oxygen level will be checked until you are fully awake.
- You may feel some soreness at the tube site.
- If you have chills, fever or severe stomach pain after the procedure, tell your nurse or doctor immediately.
- You will be given discharge instructions and your IV will be removed.
- The nurses will teach you about your tube before you leave.
- You may not drive for the rest of the day. Stay home and rest. After you leave the endoscopic center
- You may rinse your mouth with water or mouthwash.
- The dressing can be taken off 6 hours after the procedure.
- The site must be cleaned daily with soap and water.
- Before leaving, you must make a follow-up appointment to return to the Digestive and Live Center, P.A after 7-10 days. This is so we can check the site and position of the tube. Pain, chills, fever and redness or pus around the tube should be reported to your nurse or doctor immediately. Please call [407-384-7388](tel:407-384-7388). You may also go to your local emergency room.

CAPSULE ENDOSCOPY PREP



Your doctor has determined that as part of your medical evaluation you should undergo a test known as Capsule Endoscopy. This procedure involves ingesting capsule the size of a large vitamin pill. The capsule will pass naturally through your digestive system while taking pictures of the intestine. The images are transmitted to a sensor array, which is placed on your abdomen. These sensors are attached to a small computer (the DataRecorder) that is worn around your waist and which will save the images. After 8 hours the small computer will be taken off and the images will be transferred to another computer for analysis. The capsule is disposable and will be excreted naturally in your bowel movement.

The capsule does not dissolve: so in the rare case that it is not be excreted naturally, it will have to be removed endoscopically or surgically.

The Day before Capsule Endoscopy:

- After lunch on the day before the Capsule Endoscopy examination, start the clear liquid diet(with no red color). From 7 p.m. the evening before Capsule Endoscopy drinks one bottle of Magnesium Citrate (available at any pharmacy without a prescription). Do not eat or drink except for necessary medication with a sip of water.
- Do not take any medication beginning 2 hours before undergoing Capsule Endoscopy.
- Abstain from smoking 24 hours prior to undergoing Capsule Endoscopy.
- Male patients should shave their abdomen 6 inches (15 centimeters) above and below the navel on the day of the examination. If it is difficult for you to shave your abdomen, please contact your physician's office to arrange to have this done in advance.

Day of Capsule Endoscopy:

- Arrive at our office at the prescribed time for your Capsule Endoscopy dressed in loose-fitting, two-piece clothing.
- At your physician's office, you will have a pre-procedure interview. During this interview, you should be informed that Capsule Endoscopy is associated with a small chance of intestinal obstruction. You will be checked-in and asked to give your informed consent.
- The SensorArray will be applied to your abdomen with adhesive pads and will be connected to the DataRecorder which you will wear a belt around your waist. After that, you will be instructed to ingest the M2A Capsule

After Ingesting the M2A® Capsule:

- After ingesting the M2A Capsule, do not eat or drink for at least 2 hours. After 4 hours you may have a light snack. After the examination is completed, you may return to your normal diet. The above instructions related to eating apply unless your physician specifies otherwise. Contact your physician immediately if you suffer from any abdominal pain, nausea or vomiting during Capsule Endoscopy.
- After ingesting the M2A Capsule and until it is excreted, you should not be near any source of powerful electromagnetic fields such as one created near an MRI device or amateur (ham) radio.
- Occasionally, some images may be lost due to radio interference (e.g. from an amateur radio transmitter, MRI, etc.). On rare occasions, this may result in the need to repeat the Capsule Endoscopy examination. In this case, the physician will advise you to stay within the premises of the clinic during the Capsule Endoscopy to prevent this problem from recurring.
- Capsule Endoscopy lasts approximately 8 hours and is considered complete according to your physician's instructions. Do not disconnect the equipment or remove the belt at any time during this period. Since the DataRecorder is actually a small computer, it should be treated with utmost care and protection. Avoid sudden movement and banging of the DataRecorder.
- During Capsule Endoscopy, you will need to verify every 15 minutes that the small light on top of the DataRecorder is blinking twice per second. If, for some reason, it stops blinking at this rate, record the time and contact your physician. You should also record the time and nature of any event such as eating, drinking, your activity and unusual sensations. Return the Event Form with these notes to your physician at the time you return the equipment.
- Avoid any strenuous physical activity especially if it involves sweating and do not bend over or stoop during Capsule Endoscopy

After Completing Capsule Endoscopy:

- You will be instructed by your physician on how to return the equipment at the end of Capsule Endoscopy. If you were instructed to remove the equipment by yourself, do the following: (a) Disconnect the SensorArray from the DataRecorder; (b) Take off the RecorderBelt (with the DataRecorder and Battery Pack); (c) Disconnect the Battery Pack from the DataRecorder (d) Place DataRecorder and Battery Pack in a safe place. To remove the SensorArray from your abdomen, do not pull the leads of the SensorArray! Peel off each adhesive sleeve starting with the non-adhesive tab without removing the sensor from the adhesive sleeve. Place the SensorArray with the rest of the equipment.
- The DataRecorder stores the images of your examination. Handle the DataRecorder, RecorderBelt, SensorArray and Battery Pack carefully. Do not expose them to shock, vibration or direct sunlight, which may result in loss of information. Return all of the equipment to your physician's office as soon as possible.
- If you did not positively verify the excretion of the M2A Capsule from your body, and you develop unexplained post procedure nausea, abdominal pain or vomiting, contact your physician for evaluation and possible abdominal X-ray examination.
- Undergoing an MRI while the capsule is inside your body may result in serious damage to your intestinal tract or abdominal cavity. If you did not positively verify the excretion of the M2A ® Capsule from your body, you should contact your physician for evaluation and possible abdominal X-ray before undergoing an MRI examination.

COLONOSCOPY CHECKLIST BOWEL PREPARATION

Go-Lytely



Tri-Lyte



INSTRUCTIONS:

Attached are detailed instructions to help you prepare for your colonoscopy. Here is a checklist of things to do as you prepare for your colonoscopy. As you do each one, check it off the list by marking an "X" in each box. Make sure each box has been checked prior to coming in for your procedure.

Before you Start:

- Read these instructions carefully.
- Make sure you have your bowel prep. If not, call your doctor.
- Make sure to purchase two (2) Dulcolax Laxative pills 5 mg each (over the counter).
- Make sure you have no questions about your medications. If you do, call your doctor.
- Make sure you have made arrangements for someone 18 years and older to drive you home from the colonoscopy.
- See the list of foods you can eat and should avoid starting 2-3 days before the test.
- Please visit our website at www.dlcfl.com for additional education with videos.

DETAILED COLONOSCOPY INSTRUCTIONS:

You have been scheduled for a colonoscopy at Endo-Surgical Center. We know it can be challenging to get ready for a colonoscopy. We also know that you may have many questions about the procedure. We created these instructions to help answer your questions and get you ready.

HOW DOES A COLONOSCOPY WORK?

The purpose of a colonoscopy is to look inside your large intestine (colon) for possible polyps, cancers, and other conditions. Just before the procedure starts you will receive some medicine to make you sleepy. The doctor will pass a flexible tube that has a small camera and headlight see the inside of your colon on a TV monitor. The doctor can take biopsies of any abnormal areas, and can also remove polyps. You will wake up shortly after the test. Most people do not remember having the procedure.

WHY IS IT IMPORTANT TO GET CLEAN ON THE INSIDE?

If the inside of the colon is dirty then your doctor may not see important things, like polyps or cancer, and may even have to do the test again. This would mean that you have to start over and come back on a different day, and nobody wants to do that.

If you come in with your colon properly emptied out the doctor will be able to see the entire colon and make this a “ONE AND DONE,” meaning just that: do it once, do it right and then be done.

7 DAYS BEFORE YOUR COLONOSCOPY:

You should stop taking non-steroidal anti-inflammatory medicines (e.g., ibuprofen) and Aspirin unless it has been prescribed by a doctor.

If you take Plavix (Clopidogrel), Coumadin (Warfarin), or other blood thinning/anticoagulation medicines you should discuss what to do with your doctor.

3rd and 2nd DAY BEFORE YOUR COLONOSCOPY:

Make sure that you have picked up the “bowel prep” medication that was prescribed for you.

Begin a low fiber diet, please see foods allowed:

What to eat:

- White rice, plain white pasta, and crackers
- White bread without nuts and seeds
- Refined hot cereals, such as Cream of Wheat, or cold cereals with less than 1 gram of fiber per serving
- Pancakes or waffles made from white refined flour
- Tender meat, poultry, fish, eggs and tofu
- Milk and foods made from milk — such as yogurt, pudding, ice cream, cheeses and sour cream — if tolerated
- Butter, margarine, oils and salad dressings without seeds

Foods to avoid:

- Whole-wheat or whole-grain breads, cereals and pasta.
- Brown or wild rice and other whole grains, such as oats, kasha, barley and quinoa.
- Dried fruits, prune juice and raw vegetables.
- Fruit, including those with seeds, skin or membranes, such as berries.
- Dried beans, peas and lentils.
- Seeds and nuts and foods containing them, including peanut butter and other nut butters.
- Coconut, popcorn, flax seed and psyllium

1 DAY BEFORE YOUR COLONOSCOPY:

- Breakfast — clear liquids only, no solid foods.
- Lunch — clear liquids only, no solid foods.
- Lunch --- take two (2) Dulcolax pills with 8 ounces of water (over the counter).**
- Dinner — clear liquids only, no solid foods.
- Drink plenty of clear liquids throughout the day.
- Take half of the bowel prep at 5:00pm, drink 8 ounces glass every 15 minutes until you have completed one---half of the prep.**
- If you have diabetes and take Lantus take only ½ your typical dose.

Liquids you CAN drink include:

1. Soups: Clear Bouillon, Chicken Broth, Vegetable Broth, Beef Broth or Consommé.
1. Beverage: Tea, Clear Gatorade, Clear Kool-Aid, sports drink such as Gatorade, Decaf Black Coffee - **Please DO NOT add Milk or Creamer.**
2. Juices: Strained fruit juices (without pulp) including Apple, White Grape, Lemonade, White Cranberry - **Nothing RED and PURPLE.**

Taking your “bowel prep”: The instructions for taking it will come from the pharmacy along with the prep. For your procedure we recommend a “split prep”, which means you will take one half of the prep the evening before the test, and the other half the day of the test. **In the morning you should mix and refrigerate the prep. Start taking your prep in the evening at 5:00 PM. Drink 8 ounces every 15 minutes until you have completed one---half of the prep.** After you are done, we recommend drinking at least 8 ounces of clear liquid to help prevent dehydration. **Do NOT have any solid food until after the colonoscopy.**

DAY OF COLONOSCOPY:

What to eat: you must not eat any foods, suck candy, or chew gum until AFTER the colonoscopy is over.

What to drink: You may drink water, black coffee (without sugar, milk or cream), apple juice, soda pop, or club soda. **Stop drinking these liquids at least 4 hours before the colonoscopy.**

Medications: DO NOT take any medication for diabetes. You may take your other medications with a small sip of water.

Taking your “Prep”: You should have already completed one---half of the prep the night before the procedure.

You must take the second half of your prep (again- 8 ounces every 15 minutes) starting 6 hours before the time your colonoscopy is scheduled, and finish it at least 4 hours before, even if that means having to get up very early. For example: if your colonoscopy is scheduled for 7:00 AM then take the second part of your prep at 1:00 AM and finish by 3:00 AM the morning of your colonoscopy. If your colonoscopy is scheduled for 9:00 AM then take the second part of your prep at 3:00 AM and finish by 5:00 AM the morning of your colonoscopy. We know it is hard

to get up this early, but it is very important to take the second part of your prep 6 hours before your colonoscopy in order to get the best results.

After you complete the prep do not take any other liquid or food. Arrive on your scheduled appointment accompanied by an adult 18 years or older who can drive you home after the procedure. Please make sure you bring your insurance card and a list of your current medications. **You should expect to spend up to 4 hours in our procedure's unit.**

AFTER YOUR COLONOSCOPY:

After the colonoscopy is completed, we will observe you in a recovery area for approximately 15-30 minutes. Before you leave, the doctor will explain the results of the exam, and give you a report and instructions. **The person who came with you must drive you home.** You cannot drive or go back to work for at least 12 hours (unless you have a colonoscopy without sedation, which is very uncommon).

FREQUENTLY ASKED QUESTIONS:

What are the side effects of "bowel prep"?

You will have lots of diarrhea from the bowel prep. This will start anywhere between a few minutes to 3 hours after you start the prep. You will spend a lot of time on the toilet once you start taking the prep. So, plan to be home, and plan to be near a toilet. Most people have bloating and abdominal discomfort and many reports feeling cold. This is normal. Do not be alarmed if you feel these symptoms. Many people have nausea. This is also normal. Some people do not like the taste or smell of the medicine. However, it is still important that you drink all the prep as directed. Rarely some people throw up while taking the prep. If this happens call us at 407-384-7388.

How do you know when your prep is working?

The stool coming out should be clear liquid and **without particles**. You know you're done when the stool coming out is yellow, light liquid, and clear — like urine.

My prep hasn't started working yet. Is that OK?

Different people respond differently to the bowel prep — some people start having diarrhea within minutes of taking the prep, while others have no response for an hour or more. If you have waited more than 3 hours without a response, then it may not be working well. Be sure you are drinking enough fluid, as instructed above. If that doesn't work, take the second part of your prep and continue to drink fluids. It should work eventually. If not then call us at 407-384-7388 if the medicine is still not working at all despite drinking enough fluid and taking the colonoscopy prep medicine as prescribed.

How long will the test take?

The test itself usually takes 10-30 minutes, though you should **expect to spend up to 4 hours.**

Can I drive myself home after my colonoscopy?

No, you will receive medication to make you sleepy during the test. That means you cannot drive after the test and must instead arrange for someone to drive you home.

COLONOSCOPY CHECKLIST BOWEL PREPARATION SUPREP



INSTRUCTIONS:

Attached are detailed instructions to help you prepare for your colonoscopy. Here is a checklist of things to do as you prepare for your colonoscopy. As you do each one, check it off the list by marking an "X" in each box. Make sure each box has been checked prior to coming in for your procedure.

Before you Start:

- Read these instructions carefully.
- Make sure you have your bowel prep. If not, call your doctor.
- Make sure you have no questions about your medications. If you do, call your doctor.
- Make sure you have made arrangements for someone 18 years and older to drive you home from the colonoscopy.
- See the list of foods you can eat and should avoid starting 2-3 days before the test.
- Please visit our website at www.dlcfl.com for additional education with videos.

DETAILED COLONOSCOPY INSTRUCTIONS:

You have been scheduled for a colonoscopy at Endo-Surgical Center. We know it can be challenging to get ready for a colonoscopy. We also know that you may have many questions about the procedure. We created these instructions to help answer your questions and get you ready.

HOW DOES A COLONOSCOPY WORK?

The purpose of a colonoscopy is to look inside your large intestine (colon) for possible polyps, cancers, and other conditions. Just before the procedure starts you will receive some medicine to make you sleepy. The doctor will pass a flexible tube that has a small camera and headlight see the inside of your colon on a TV monitor. The doctor can take biopsies of any abnormal areas, and can also remove polyps. You will wake up shortly after the test. Most people do not remember having the procedure.

WHY IS IT IMPORTANT TO GET CLEAN ON THE INSIDE?

If the inside of the colon is dirty then your doctor may not see important things, like polyps or cancer, and may even have to do the test again. This would mean that you have to start over and come back on a different day, and nobody wants to do that.

If you come in with your colon properly emptied out the doctor will be able to see the entire colon and make this a “ONE AND DONE,” meaning just that: do it once, do it right and then be done.

7 DAYS BEFORE YOUR COLONOSCOPY:

You should stop taking non-steroidal anti-inflammatory medicines (e.g., ibuprofen) and Aspirin unless it has been prescribed by a doctor.

If you take Plavix (Clopidogrel), Coumadin (Warfarin), or other blood thinning/anticoagulation medicines you should discuss what to do with your doctor.

3rd and 2nd DAY BEFORE YOUR COLONOSCOPY:

Make sure that you have picked up the “bowel prep” medication that was prescribed for you.

Begin a low fiber diet, please see foods allowed:

What to eat:

- White rice, plain white pasta, and crackers
- White bread without nuts and seeds
- Refined hot cereals, such as Cream of Wheat, or cold cereals with less than 1 gram of fiber per serving
- Pancakes or waffles made from white refined flour
- Tender meat, poultry, fish, eggs and tofu
- Milk and foods made from milk — such as yogurt, pudding, ice cream, cheeses and sour cream — if tolerated
- Butter, margarine, oils and salad dressings without seeds

Foods to avoid:

- Whole-wheat or whole-grain breads, cereals and pasta.
- Brown or wild rice and other whole grains, such as oats, kasha, barley and quinoa.
- Dried fruits, prune juice and raw vegetables.
- Fruit, including those with seeds, skin or membranes, such as berries.
- Dried beans, peas and lentils.
- Seeds and nuts and foods containing them, including peanut butter and other nut butters.
- Coconut, popcorn, flax seed and psyllium

1 DAY BEFORE YOUR COLONOSCOPY:

- Breakfast — clear liquids only, no solid foods.
- Lunch — clear liquids only, no solid foods.
- Dinner — clear liquids only, no solid foods.
- Dinner (5 pm)** --- complete step 1 to 4:
 - STEP 1:** Pour **ONE** (1) 6-ounce bottle of SUPREP liquid into the mixing container.
 - STEP 2:** Add cool drinking water to the 16-ounce line on the container and mix.
 - STEP 3:** Drink **ALL** the liquid in the container.
 - STEP 4:** You **must** drink two (2) more 16-ounce containers of water over the next hour.
- Drink plenty of clear liquids throughout the day.
- If you have diabetes and take Lantus take only ½ your typical dose.

Liquids you CAN drink include:

2. Soups: Clear Bouillon, Chicken Broth, Vegetable Broth, Beef Broth or Consommé.
3. Beverage: Tea, Clear Gatorade, Clear Kool-Aid, sports drink such as Gatorade, Decaf Black Coffee - **Please DO NOT add Milk or Creamer.**
4. Juices: Strained fruit juices (without pulp) including Apple, White Grape, Lemonade, White Cranberry - **Nothing RED and PURPLE.**

Taking your “bowel prep”: The instructions for taking it will come from the pharmacy along with the prep. For your procedure we recommend a “split prep”, which means you will take one bottle of the prep the evening before the test, and the other half the day of the test.

DAY OF COLONOSCOPY:

- Do not eat any solid food until after the colonoscopy.
- Take the second bowel prep bottle 6 hours prior to arrival time and finish at least 4 hours before your colonoscopy appointment – follow step 1 to 4.**
- After you complete the prep do not take any other liquid or food.
- No gum, candy, mints and cough drops.
- Arrive on your scheduled time accompanied by an adult who will be available to drive you home.
- If you have diabetes and take diabetic medications, don't take it the day of your procedure.

What to eat: you must not eat any foods, suck candy, or chew gum until AFTER the colonoscopy is over.

What to drink: You may drink water, black coffee (without sugar, milk or cream), apple juice, soda pop, or club soda. **Stop drinking these liquids at least 4 hours before the colonoscopy.**

Medications: DO NOT take any medication for diabetes. You may take your other medications with a small sip of water.

After you complete the prep do not take any other liquid or food. Arrive on your scheduled appointment time accompanied by an adult 18 years or older who can drive you home after the procedure. Please make sure you bring your insurance card and a list of your current medications. **You should expect to spend up to 4 hours in our procedure's unit.**

AFTER YOUR COLONOSCOPY:

After the colonoscopy is completed, we will observe you in a recovery area for approximately 15-30 minutes. Before you leave, the doctor will explain the results of the exam, and give you a report and instructions. **The person who came with you must drive you home.** You cannot drive or go back to work for at least 12 hours (unless you have a colonoscopy without sedation, which is very uncommon).

FREQUENTLY ASKED QUESTIONS:

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How long will the test take?

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Can I drive myself home after my colonoscopy?

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COLONOSCOPY CHECKLIST BOWEL PREPARATION OSMO-Prep



INSTRUCTIONS:

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Before you Start:

- Read these instructions carefully.
- Make sure you have your bowel prep. If not, call your doctor.
- Make sure you have no questions about your medications. If you do, call your doctor.
- Make sure you have made arrangements for someone 18 years and older to drive you home from the colonoscopy.
- See the list of foods you can eat and should avoid starting 2-3 days before the test.
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WHY IS IT IMPORTANT TO GET CLEAN ON THE INSIDE?

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7 DAYS BEFORE YOUR COLONOSCOPY:

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If you take Plavix (Clopidogrel), Coumadin (Warfarin), or other blood thinning/anticoagulation medicines you should discuss what to do with your doctor.

3rd and 2nd DAY BEFORE YOUR COLONOSCOPY:

Make sure that you have picked up the “bowel prep” medication that was prescribed for you.

Begin a low fiber diet, please see foods allowed:

What to eat:

- White rice, plain white pasta, and crackers
- White bread without nuts and seeds
- Refined hot cereals, such as Cream of Wheat, or cold cereals with less than 1 gram of fiber per serving
- Pancakes or waffles made from white refined flour
- Tender meat, poultry, fish, eggs and tofu
- Milk and foods made from milk — such as yogurt, pudding, ice cream, cheeses and sour cream — if tolerated
- Butter, margarine, oils and salad dressings without seeds

Foods to avoid:

- Whole-wheat or whole-grain breads, cereals and pasta.
- Brown or wild rice and other whole grains, such as oats, kasha, barley and quinoa.
- Dried fruits, prune juice and raw vegetables.
- Fruit, including those with seeds, skin or membranes, such as berries.
- Dried beans, peas and lentils.
- Seeds and nuts and foods containing them, including peanut butter and other nut butters.
- Coconut, popcorn, flax seed and psyllium

1 DAY BEFORE YOUR COLONOSCOPY:

- Breakfast — clear liquids only, no solid foods.
- Lunch — clear liquids only, no solid foods.
- Lunch (12pm)** --- start taking 4 tablets every 15 min with 8 oz glass of water or clear orange juice until 1 pm
- Dinner — clear liquids only, no solid foods.
- Dinner (3pm)** --- start taking 4 tablets with 8 oz of water or clear juice every 15 min until 4pm
- Drink plenty of clear liquids throughout the day.
- If you have diabetes and take Lantus take only ½ your typical dose.

Liquids you CAN drink include:

3. Soups: Clear Bouillon, Chicken Broth, Vegetable Broth, Beef Broth or Consommé.
5. Beverage: Tea, Clear Gatorade, Clear Kool-Aid, sports drink such as Gatorade, Decaf Black Coffee - **Please DO NOT add Milk or Creamer.**
6. Juices: Strained fruit juices (without pulp) including Apple, White Grape, Lemonade, White Cranberry - **Nothing RED and PURPLE.**

DAY OF COLONOSCOPY:

What to eat: you must not eat any foods, suck candy, or chew gum until AFTER the colonoscopy is over.

What to drink: You may drink water, black coffee (without sugar, milk or cream), apple juice, soda pop, or club soda. **Stop drinking these liquids at least 4 hours before the colonoscopy.**

Medications: DO NOT take any medication for diabetes. You may take your other medications with a small sip of water.

Taking your "Prep": You should have already completed your prep.

Arrive on your scheduled appointment time accompanied by an adult 18 years or older who can drive you home after the procedure. Please make sure you bring your insurance card and a list of your current medications. **You should expect to spend up to 4 hours in our procedure's unit.**

AFTER YOUR COLONOSCOPY:

After the colonoscopy is completed, we will observe you in a recovery area for approximately 15-30 minutes. Before you leave, the doctor will explain the results of the exam, and give you a report and instructions. **The person who came with you must drive you home.** You cannot drive or go back to work for at least 12 hours (unless you have a colonoscopy without sedation, which is very uncommon).

FREQUENTLY ASKED QUESTIONS:

What are the side effects of "bowel prep"?

You will have lots of diarrhea from the bowel prep. This will start anywhere between a few minutes to 3 hours after you start the prep. You will spend a lot of time on the toilet once you start taking the prep, so plan to be at home. Most people have bloating and abdominal discomfort, and many reports feeling cold. This is normal. Do not be alarmed if you feel these symptoms. Many people have nausea. This is also normal. Some people do not like the taste or smell of the medicine. However, it is still important that you drink all the prep as directed. Rarely some people throw up while taking the prep. If this happens call us at 407-384-7388.

How do you know when your prep is working?

The stool coming out should be clear liquid and **without particles**. You know you're done when the stool coming out is yellow, light liquid, and clear — like urine.

My prep hasn't started working yet. Is that OK?

Different people respond differently to the bowel prep — some people start having diarrhea within minutes of taking the prep, while others have no response for an hour or more. Be sure you are drinking enough fluid, as instructed above. It should work eventually. If not then call us at 407-384-7388 if the medicine is still not working at all despite drinking enough fluid and taking the colonoscopy prep medicine as prescribed.

How long will the test take?

The test itself usually takes 10-30 minutes, though you should **expect to spend up to 4 hours.**

Can I drive myself home after my colonoscopy?

No, you will receive medication to make you sleepy during the test. That means you cannot drive after the test and must instead arrange for someone to drive you home.

PREPARATION ITEMS (OVER THE COUNTER – NO PRESCRIPTION NEEDED)

- 1. MIRALAX POWDER or Generic form (POLYETHYLENE GLYCOL):** 238 gm or two 119 gm bottles (over the counter)
- 2. DULCOLAX 5mg (BISACODYL) LAXATIVE TABLETS:** 4 tablets (over the counter or as provided)
- 3. GATORADE or POWERADE:** 64-ounce or two 32 ounces bottles, any flavor, but **no red or purple**.

Preparation Sequence:

FIVE DAYS PRIOR TO YOUR PROCEDURE:

- Discontinue all iron supplements, fiber supplements, and herbal products.
- Also stop any anti-inflammatory medicine such as Aleve, Advil, Motrin, or related.

TWO DAYS PRIOR TO YOUR PROCEDURE:

DATE: _____

- **STEP #1: LOW RESIDUE DIET BREAKFAST AND LUNCH**
 - Eggs, Soup, white chicken meat, fish, white rice, plain yogurt, cheese, white bread, pasta, noodles, spaghetti, macaroni, mashed potatoes, ice cream, sugar, pepper, and popsicle.
 - **NO** fruits, vegetables, seeds, nuts, or marmalade.
- **STEP #2: START CLEAR LIQUID DIET AT 6:00 PM (SUPPER)**
 - If you can see through it then it is a clear liquid.
 - Gatorade is the preferred clear liquid (**NO red or purple**).
 - Clear fruit juices, white grape juice and apple juice, PowerAde (**NO red or purple**). Clear soup, broth or bouillon, popsicles (**NO red or purple**). Tea or coffee without cream. Hard candies (**NO red or purple**). 7-up, sprite, regular
or diet, ginger ale, orange soda (**NO red or purple**). Jell-O (**NO red or purple**)
- **STEP #3: TAKE 2 DULCOLAX TABLETS AT 6:00 PM**
 - You may not notice increased stools for 2-12 hours.

THE DAY PRIOR TO YOUR PROCEDURE:

DATE: _____

- Continue the clear liquid diet.
- Mix the 238 grams of Miralax with the 64 ounces of Gatorade. If you bought 2 bottles of Miralax of 119 grams; and 2 Gatorade (PowerAde) of 32 ounces; mix each Miralax bottle with one Gatorade (PowerAde) Keep the mixture in the refrigerator. Ice cubes may be added.
- **4:00 pm:** Take 2 Dulcolax tablets with 8 oz. of water.
- **6:00 pm:** Begin drinking the Gatorade/Miralax solution at a rate of 8 ounces every 15 to 30 minutes (2 hours period) until the first bottle of 32 ounces is gone. If you feel nauseated, stop drinking for 30-45 minutes. It may not work for 2 to 3 hours.
- It is important to finish the entire 32 ounces bottle and drink an extra 8 ounces of clear liquid every hour while awake. Gatorade is preferred.

Be aware that if you drink large quantities of red or purple fluids, especially after you take the laxatives, your liquid stool may then become red or purple. This does NOT indicate that you are bleeding. When liquid is traveling very quickly through your GI tract, the color of fluid coming out may look very similar to the color of the fluid you are drinking.

THE DAY OF YOUR PROCEDURE:

DATE: _____

- **5 hours prior to your scheduled procedure time**, begin drinking the second bottle of 32 ounces/ remaining of Gatorade and Miralax mixture.
- Drink 8 ounces every 15 to 30 minutes (2 hours period) until finished.
- If your procedure is in the morning, you will have to get up in the middle of the night. This second part of the preparation assures a properly clean colon.
- You may still be passing liquid stool when you reach the hospital, which is okay.
- **Four hours prior to your procedure you should stop the liquid diet.**

Patient Check List:

Diabetes:

- Do not to take your diabetes medications on the day of the procedure.

Non-steroidal anti-inflammatory drugs (NSAID's):

- **FIVE (5) days prior to the procedure.** Do not take any NSAID's, such as Aleve, Advil, ibuprofen, Motrin, naproxen, meloxicam, diclofenac sodium, or toradol.

Aspirin/Anticoagulants:

- If you are taking aspirin, you may continue it.
- If you are taking Coumadin, Pradaxa, Plavix, Aggrenox, Eliquis, or Xarelto let us know so we can contact your prescribing physician and evaluate safety for you to hold this medication prior to the procedure.

Other medications:

- Continue your other medications, including blood pressure drugs, right up to the day of your procedure.

Other Questions:

1. Procedure locations
 - Endo Surgical Center – 100 N Dean Road Suite 102 Orlando, FL appointments are recorded in eCWS 11e
 - Advent Health East - 258 S Chicasaw Trail Suite 100 Orlando, FL appointments are recorded in eCWS 11
 - Advent Health South - 2501 N Orange Ave Ste 370 appointments are recorded in eCWS 11 as a placeholder by procedure schedulers but the hey must arrive an hour prior to schedule procedure
 - Summer Pointe in Ocoee (part of Orlando Health) – only Dr. Weissman and times is requested.
 - Kissimmee Osceola hospital – only Dr. Atiq.
2. When time should patient arrive for their procedure? The scheduled time is the arrival time
3. COVID-19 testing requirements Only hospital requires this, hospital will schedule and call patient [Pre-admission testing] Hospital confirms appointment time after COVID test is received. Dr. Seela does [procedure at Advent Health East on Wed and Dr. Sheela at hospital in afternoon Mon - Thurs
4. Is someone able to come in? No, due to covid-19 companion are asked to wait in the car unless patient has special needs.
5. Does PREP change for each provider? No, there is a non-prescription PREP used due to shortage of medications and/or insurance requirements [PREP used to avoid cancellation]
6. How long does it take for procedure to be scheduled after consult? It can be scheduled right away depending on insurance requirements.
7. What is the notice to cancel required and fee? Notice is 48 hours (documentation state 7 days), cancellation is waived with valid reason and if patient reschedules, the fee is \$200.
8. Financial hardship and payment arrangement These calls are handled by Lynn Ruperto ext. 708 and/or Maria Pizzaro ext. 734. For procedures done at hospital and payment arrangement is needed patient must contact the hospital.

9. Patient ate solid foods – this MUST be reviewed case by case, for example – patient had toast, they can drink a lot of water to help cleanse but if they ate rice, beans and meat they cannot proceed with procedure.
10. When does patient stop drinking fluids? A patient can drink clear liquid up to 4 hours prior of procedure.
11. PREP diet – In addition to the instruction, applesauce is not allowed.
12. Blood thinners – prescribing MD determines time to stop
13. Diabetic medications and insulin - hold on the day of procedure
14. How many bandings are scheduled? Total 3 banding are scheduled, 2 weeks apart – patients with Medicaid are scheduled at Digestive and Liver center others are scheduled for Endo Surgical center.

Patients do not need to complete a bowel **preparation** nor are they subject to a lengthy recovery period. Generally, patients are back to work that day with minimal discomfort.

15. Are patients required to be put under anesthesia for hemorrhoids banding? No