Preparation Instructions for a Colonoscopy

There are many things a person would rather do than undergo a bowel prep for a Colonoscopy but your efforts at cleaning your colon are essential for an accurate procedure. The Colon Prep Center will be contacting you in regard to your prep instructions as well as what materials to purchase. You may also reach the Colon Prep Center at 800-349-0285.

For individuals that have either scheduled a Colonoscopy to be performed within the next 7 business days or if you have chosen NOT to purchase your prep materials through the Colon Prep Center and would prefer to buy these products at a local pharmacy (no prescription is needed) please review the list of products to purchase and the enclosed instructions.

All procedures will be done at Red Rocks Surgery Center. They are located at:
400 Indiana St. Suite 100 Golden, CO 80401.
Ph: 720-420-3000

Please make sure to purchase the following products at your local pharmacy (no prescription is needed).
- Miralax, 238 g bottle
- Dulcolax laxative, 4 tablet
- Gatorade, 64oz bottle (NO red or orange).
PREPARATION NOTE:
There are many things a person would rather do than undergo a bowel prep for a colonoscopy, but your efforts at cleaning your colon are essential for an accurate procedure. These instructions are designed to maximize the ease, safety and success of your preparation.

PLEASE READ ALL ENCLOSED INFORMATION CAREFULLY (both front and back pages).
Please complete all enclosed forms and bring them, along with your insurance card(s), copayment or deductible on the day of your procedure.

NOTE:
If you are taking Aspirin:
- If you are taking aspirin because of a prior heart attack or stroke we generally recommend you continue to take it.
- If you are taking aspirin simply for preventive medicine please stop 1 week prior to the colonoscopy.

If you are taking Coumadin, Plavix, Heparin, Lovenox, or other anticoagulants:
- Ask the physician who prescribed your medicine how to take it before and after your procedure. If you cannot contact your physician, we need to make arrangements 1-2 weeks before your exam.

THE DAY BEFORE YOUR PROCEDURE

NO SOLID FOODS. THE DAY BEFORE YOUR EXAM YOU MUST BE ON A CLEAR LIQUID DIET ALL DAY. NO SOLID FOODS OR DAIRY PRODUCTS ALLOWED.

Please continue to take all of your routine medications as normal.

A clear liquid diet is necessary for a colonoscopy. A complete cleansing of the entire bowel is essential for effective results, so that there will be no need for retesting.

Your Clear Liquid diet options for the day before your procedure:

<table>
<thead>
<tr>
<th>Tea and Coffee</th>
<th>Clear Juices</th>
<th>Powdered Lemonade</th>
<th>Water/ Vitamin Water</th>
<th>Carbonated Beverages</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image" alt="Tea" /></td>
<td><img src="image" alt="Jug" /></td>
<td><img src="image" alt="Juice" /></td>
<td><img src="image" alt="Water" /></td>
<td><img src="image" alt="Beverage" /></td>
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<tr>
<td><img src="image" alt="Coffee" /></td>
<td><img src="image" alt="Juice" /></td>
<td><img src="image" alt="Lemonade" /></td>
<td><img src="image" alt="Water" /></td>
<td><img src="image" alt="Beverage" /></td>
</tr>
</tbody>
</table>

- NO DAIRY
- NO PULP
- NO RED, ORANGE OR PURPLE

NO DARK COLORED

We put your health first
COLONOSCOPY PREP INSTRUCTIONS - Diabetic Procedures 11:30 AM or After

<table>
<thead>
<tr>
<th>Sports Drinks</th>
<th>Popsicles</th>
<th>Jell-O</th>
<th>Broths/Coconut Water</th>
<th>Honey/Sugar</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image1" alt="Sports Drinks" /></td>
<td><img src="image2" alt="Popsicle" /></td>
<td><img src="image3" alt="Jell-O" /></td>
<td><img src="image4" alt="Broths/Coconut Water" /></td>
<td><img src="image5" alt="Honey/Sugar" /></td>
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</table>

THE DAY BEFORE YOUR PROCEDURE

1. **TIME**
   3:00 PM the day before your procedure
   Pour the 64 oz. (1/2 gallon) of Propel into a pitcher and chill in the refrigerator.

2. **TIME**
   3:00 PM the day before your procedure
   Take 4 Dulcolax tablets with a glass of water.

3. **TIME**
   5:00 PM the day before your procedure
   Mix together the ENTIRE BOTTLE of Miralax with 64 oz. of chilled Propel.
COLONOSCOPY PREP INSTRUCTIONS - Diabetic Procedures 11:30 AM or After

4

TIME
5:00 PM the day before your procedure
Begin drinking, and drink HALF OF THE MIXTURE (32 oz.). Drink an 8 oz. glass of the solution every 15 minutes.

Drink an additional 16 oz. of CLEAR liquids through the rest of the evening.

Diarrhea usually begins within an hour or two, but may vary. You may notice some bloating or cramping at the beginning, but this will improve once the diarrhea begins. Diarrhea usually continues for 1-2 hours after completing the Polyethylene Glycol 3350. Stay close to a bathroom once you start the prep. You may use non-alcohol wipes to cleanse after each bowel movement, and a barrier cream such as A & D ointment® for chaffing.

THE MORNING OF YOUR PROCEDURE

5

TIME
6:00 AM the morning of your procedure
Drink the OTHER HALF OF THE MIXTURE (32 oz.)
Drink an 8 oz. glass of the solution every 15 minutes until gone.

FINISH NO LATER THAN 4 HOURS PRIOR TO YOUR PROCEDURE

THE DAY OF YOUR PROCEDURE

- You should take any blood pressure and heart medications the morning of the procedure with only a small sip of water.
- You may brush your teeth.
- You can have clear liquids only until 4 hours before your procedure.
- 4 hours before your procedure, NOTHING BY MOUTH! This means nothing to eat or drink (including gum or mints) until after your procedure.
- Please don’t forget to bring your insurance cards, copayment or any deductible due at time of service.
- YOU MUST BE ACCOMPANIED BY A FRIEND OR RELATIVE TO DRIVE YOU HOME. YOU MAY NOT DRIVE, OR GO HOME BY TAXI OR BUS. IF YOU DO NOT HAVE A DRIVER, YOUR PROCEDURE MAY BE CANCELLED.

Your procedure will take place at Red Rocks Surgery Center. Red Rocks Surgery Center is located at 400 Indiana Street Suite 100 Golden, CO 80401. Their telephone number is 720-420-3000.

If you have any questions or concerns about the preparation please contact the Colon Prep Center by calling 800-349-0285 or emailing customerservicegroup@accuhealthpartners.com.
COLONOSCOPY PREP INSTRUCTIONS – Diabetic Procedures 11:30 AM or After

If you are unable to complete your prep or have any medical questions or concerns after hours, please contact your primary care provider.

If you have problems or concerns after your procedure, but during regular business hours, please call your GI doctor. If you have problems or concerns after your procedure, but after business hours, please call your primary care provider.

MEDICATION INSTRUCTIONS FOR DIABETICS HAVING A COLONOSCOPY

INSULIN CONTROLLED DIABETICS:
The day before your procedure:
- The day before your procedure, take HALF of your normal insulin dose. For Lantus Insulin or Insulin Pump patients, do not change your dose or usual basal rate.
- Check your blood sugars frequently during the day.
- Drink all the clear liquids needed to maintain your blood sugar the day before the exam.
  If needed, you may also take Glucose tablets to maintain your blood sugar levels.

The morning of your procedure:
- Do not take any Humalog or Regular Insulin. If you are on NPH or Lente, take ½ of your normal dose. If you are on Lantus Insulin, do not change your dose.
- Check your blood sugar in the morning as usual and report the level to the nurse when you are admitted for your procedure.
- If your glucose level is low, you may take glucose tablets.
- Resume your normal Insulin dose following your procedure and if you are tolerating solids.

ORAL CONTROLLED DIABETICS
The day before your procedure
- Check your blood sugars at least two times the day before your exam.
- Take half of your normal pill dosage (you may cut the pills if needed) unless you are on Actos or Avandia in which case your dosage should remain the same as usual.
- Drink all the clear liquids needed to maintain your blood sugar level. If needed, you can take Glucose tablets.

The day of your procedure
- Do not take any medication except Actos or Avandia as these dosages should remain the same as usual.
- Check your blood sugar that morning and report the level to the nurse when you are admitted for your procedure.
- You may take Glucose tablets if your blood sugar is low that morning.
- Resume your normal medications following the procedure and if you are tolerating solids.
*Watch for signs of low blood sugar (sweating, lightheadedness, shakiness, confusion, blurry vision). Have a rapidly absorbed source of sugar available if you develop low blood sugar (juice, glucose tablets, hard candy, honey, etc.).
The Mission of Red Rocks Surgery Center (RRSC) is to provide surgical expertise in a caring atmosphere and an efficient setting with quality outcomes. To accomplish this, Red Rocks Surgery Center will utilize leading-edge technologies within a collaborative and cost-effective system. We will deliver these services with a goal of patient service and satisfaction, endeavoring as much as possible to create a positive healing experience for our patients.

As a Patient at Red Rocks Surgery Center, you have certain rights and responsibilities and will receive a copy of those before your admission to our facility. If at any time you feel that you are not being treated in a fair and considerate manner, please notify our Administrator at 720.420.3000. In addition, you will receive a copy of our policy on Advance Directives. Also, please take the opportunity to let us know if we are meeting your expectations by returning the “Patient Satisfaction Survey” that will be given to you when you arrive at the Surgery Center.

A copy of the instructions and any prescriptions will be given to your family or friend at this time as well.

Once you are home, should you have any questions or problems, you should first try to contact your Physician. There is always someone on call to assist you.

IF YOU THINK YOU NEED EMERGENCY HELP, CALL 911 OR HAVE A RESPONSIBLE ADULT DRIVE YOU TO THE NEAREST HOSPITAL EMERGENCY ROOM.

A SPECIAL NOTE

Red Rocks Surgery Center is a physician-owned entity in partnership with HCA-HealthOne. Your physician may have a financial interest in this Surgery Center.

Red Rocks Surgery Center/Medical Center is a non-smoking campus.
The Business Office staff will call your insurance company to verify your insurance coverage and determine the amount of co-payment you are responsible for. Unless other arrangements have been made prior to your admission to the Surgery Center, you will be expected to remit the payment when you arrive. We accept cash, checks, money orders, Visa, Master Card and Discover.

Your bill from Red Rocks Surgery Center is only for the facility fee. The facility fee covers all medical supplies, medication, IV fluids, dressings, equipment used and nursing care received while you were here.

You will receive a separate bill from your physician, anesthesiologist as well as any laboratory tests, X-Rays, X-ray readings by the radiologist, EKGs, pathology or tissue testing that your physician may have ordered.

You must provide us with your insurance card and a picture identification card at the time you register at the Surgery Center.

**SPECIAL LANGUAGE NEEDS**

If you are hearing impaired, please contact us by utilizing TTY-TDD 1.800.659.2656 for your pre-operative interview.

If the patient does not speak English, please have someone contact the Surgery Center for assistance with interpretive services.

**SCHEDULING & PRE-ADMISSION**

**Preoperative Testing:** Your physician will determine if any pre-operative testing will be necessary prior to your procedure. If testing is necessary your physician will give you an order sheet that can be taken to a testing facility approved by your insurance company. The order sheet will alert the laboratory/radiology provider that you are scheduled to have a procedure here and the Surgery Center will receive the report. It is best if you have your pre-procedure tests completed at least three business days before your procedure.

**Pre-Operative Registration and Health History:** Prior to the date of your procedure, please go to RedRocksSurgery.com and complete the online registration and medical history. A pre-operative phone call will also be done the day prior to your procedure to provide you with pre-operative instructions. Please call us at 720-420-3000 the day before your procedure, if our nurse has not contacted you.

**THE DAY OF THE SURGERY — IMPORTANT INSTRUCTIONS**

Please follow these instructions to ensure a safe and on time surgery. Call 720.420.3000 with questions:

- Do not eat or drink anything after midnight the evening before surgery. We will inform you of any exceptions to this rule. Do not drink any alcoholic beverages 24 hours before surgery.
- Take any medications for your heart, blood pressure or lungs that you usually take before coming to the Surgery Center BUT with a VERY small amount of water. Take any diabetic medications as directed by your doctor or the Surgery Center nurse who will be discussing your condition with the anesthesia provider.
- Your physician will provide you with detailed information about your procedure. If you have questions, please ask.
- Prepare to arrive at the Center at least 1.5 hours before your procedure.
- You will sign an operative consent form before the procedure. Minors must have a parent/authorized representative sign a consent prior to the procedure. We request that the parent or authorized representative remain at RRSC during surgery.
- Patients are not permitted to leave RRSC alone. You must have a responsible adult with you — someone who can ensure your safe arrival home and can provide care for you throughout the 24 hours following the procedure. If you haven’t made these arrangements your procedure may be cancelled.
- Please limit the number of family members at the Surgery Center.
- If you think you might be pregnant, please contact your physician or obstetrician before undergoing any operative procedures. Medications and anesthesia may be harmful to a fetus, especially in the first 12 weeks of pregnancy. RRSC requires pregnancy testing before the procedure for all women of childbearing age (if reproductive organs are intact).
- Do not smoke, chew gum or tobacco after midnight the night before your procedure. These activities cause increased stomach secretions and this could increase your chances for post-anesthesia nausea.
- Bathe the night before, or the morning of your procedure. This is not necessary for small children. Do not wear contact lenses, makeup, or jewelry (including all body or tongue jewelry).
- Wear loose, comfortable clothing and flat-heeled shoes. Make sure that you can get sleeves and pants back on if there is a bulky dressing.
- If you wear dentures, they may be removed in the operating room but will be returned to you as soon as possible after the procedure.
- Notify your physician of any change in your physical condition (cold or fever) or if you have been exposed to any communicable diseases before the procedure.
- It is recommended that a responsible adult remain in the Center waiting area during your procedure, so we can be sure they have the opportunity to speak with the Physician following the procedure, if that is your desire.

**YOUR RECOVERY**

After your procedure you will be monitored in the Post Anesthesia Care Room where Registered Nurses and the anesthesia provider will watch you closely until you are ready to move into a recliner.

Please tell us if you have any discomfort and we will make every effort to make this immediate post-procedure phase of your recovery as comfortable as possible.

When you are dressed, up in the chair and alert, a responsible adult may join you in the recovery area.

You may be offered liquids and nourishment in this area. As you recover, the Registered Nurse will go over the home care instructions provided by your physician with your family or friend.

(continued on back)