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 Lutheran Surgery Center. They are located at:

3455 Lutheran Parkway, Suite 150, Wheat Ridge, CO 80033
Ph: (303) 301-7700

Please make sure to purchase the following products at your local pharmacy (no prescription is needed).

- Miralax, 238g bottle
- Dulcolax laxative, 4 tablet
- Gatorade, 64oz bottle (NO red or orange).
Colonoscopy Prep Instructions – Diabetic
Procedures Before 11:00AM

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/NSAIDS:
- If you are taking aspirin/NSAIDS because of a prior heart attack or stroke we generally recommend you continue to take it.
- If you are taking aspirin/NSAIDS simply for preventative 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 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="Juice" /></td>
<td><img src="image" alt="Lemonade" /></td>
<td><img src="image" alt="Water" /></td>
<td><img src="image" alt="Beverage" /></td>
</tr>
<tr>
<td><strong>NO DAIRY</strong></td>
<td><strong>NO PULP</strong></td>
<td><strong>NO PULP</strong></td>
<td><strong>NO RED, ORANGE OR PURPLE</strong></td>
<td><strong>NO DARK COLORED</strong></td>
</tr>
</tbody>
</table>

Such as apple or white grape juice
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<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.png" alt="Sports Drinks" /></td>
<td><img src="image2.png" alt="Popsicles" /></td>
<td><img src="image3.png" alt="Jell-O" /></td>
<td><img src="image4.png" alt="Broths/Coconut Water" /></td>
<td><img src="image5.png" alt="Honey/Sugar" /></td>
</tr>
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<td>Popsicles</td>
<td>Jell-O</td>
<td>Broths/Coconut Water</td>
<td>Honey/Sugar</td>
</tr>
<tr>
<td>Without milk or added fruit</td>
<td>NO RED, ORANGE OR PURPLE</td>
<td>NO RED, ORANGE OR PURPLE</td>
<td>NO RED, ORANGE OR PURPLE</td>
<td></td>
</tr>
</tbody>
</table>

THE DAY BEFORE YOUR PROCEDURE

**STEP 1**

**TIME**
3:00 PM the day before your procedure

Pour the 64oz (1/2 gallon) of Gatorade into a pitcher and chill in the refrigerator.

**STEP 2**

**TIME**
3:00 PM the day before your procedure

Take 4 Dulcolax tablets with a glass of water.

**STEP 3**

**TIME**
5:00 PM the day before your procedure

Mix together the ENTIRE BOTTLE of Miralax with 64oz of chilled Gatorade.
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STEP 4

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

Drink an additional 16oz 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

STEP 5

TIME
2:00 AM the morning of your procedure
Drink the OTHER HALF OF THE MIXTURE (32OZ). Drink until an 8oz 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 CANCELED.

Your procedure will take place at Lutheran Surgery Center. They are located at 3455 Lutheran Parkway, Suite 150, Wheat Ridge, CO 80033. Their telephone number is (303) 301-7700.

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.
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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.
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*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.).
WELCOME to The Surgery Center at Lutheran

We are delighted that you have chosen to have your surgery or procedure at our facility. Our goal is to make your visit and recovery a positive experience.

We offer a comfortable, welcoming facility with a highly-skilled, caring, friendly staff.

The staff teams with your doctor to give you the best care through use of state-of-the-art medical equipment and the latest innovations in surgery procedures and technology.

Please review the instructions contained in this brochure to help you prepare for your surgery.

The Surgery Center at Lutheran is located in the Medical Pavilions Building, Entrance #7

3455 Lutheran Parkway, Suite 150, First Floor.

The Center is easily reached off of 32nd Avenue on Lutheran Parkway located between Wadsworth and Kipling Streets.

3455 Lutheran Parkway, Suite 150
Wheat Ridge, CO 80033
Medical Pavilions Building
Exempla Lutheran Hospital Campus

Hours: Monday—Friday 6:15 am—5:00 pm
Phone: 303-301-7700
Fax: 303-301-7701
Website: www.lutheranasc.com
Our pre-op nurse will contact you to complete your confidential and mandatory health history. This is required prior to your surgery date to avoid cancellation of your surgery. If it is more convenient you may contact the pre-op nurse at 303-301-7708.

- Please arrange for a responsible adult to drive you home from the Surgery Center. If you are receiving any sedation and/or anesthesia someone must stay with you for 24 hours after your surgery/procedure.

SCHEDULING CONFIRMATION

Date of Surgery: ____________________________

Time of Arrival: ____________________________

Special Instructions:

SURGERY FOR CHILDREN

The Surgery Center at Lutheran was designed to accommodate the special needs of our pediatric patients. The Center has a highly qualified nursing staff and anesthesiologist with extensive training and experience with children. We welcome you to tour the Center and ask any questions you may have prior to your child’s procedure. Bring a favorite toy or comfort item along to put your child at ease.

THE DAY OF SURGERY

- Arrive promptly at the time given to you by the pre-op nurse.
- Bring all the surgical paperwork you were given in the surgeon’s office.
- Follow the instructions given to you about eating and drinking. This is important for your safety.
- Shower — this will decrease the risk of infection.
- Wear low-heeled shoes and loose, comfortable clothing. Sleeves, legs and waistbands should be loose enough to fit over bandages.
- All jewelry and body piercing must be removed prior to surgery. Please leave valuables at home or with a family member.
- Bring your driver’s license or photo identification card and health insurance cards. Leave valuables at home or with your friends/family.
- Medications
  - You may take your normal heart, blood pressure, breathing or seizure medication the morning of surgery with a sip of water.
  - If you take insulin or routine medications, your doctor or anesthesiologist will instruct you on what to take prior to surgery.
  - If you are on blood thinners, aspirin or herbal medicines, notify your surgeon when they are scheduling you for surgery.
- Please be sure to tell your surgeon about any existing medical conditions as well as prescription, herbal and over the counter medications that you are taking.

Failure to follow these instructions can cause serious complications.

AFTER YOUR SURGERY

You will receive care in the “Post Anesthesia Care Unit” where the nurses will watch you closely until you are ready to be put in a recliner. Once in the recliner, one family member may join you. In most cases, depending on your procedure, you will be ready to leave the Center 30 minutes to 2 hours following completion of your surgery.

- Before you are discharged, your nurse will review your home care instructions with you and your family. A copy of these instructions will be sent home with you.
- Have someone stay with you for the first 24 hours after surgery.
- Take it easy until your physician says you can return to your normal routine.
- It is natural to experience some discomfort in the area of the operation. You may also experience some drowsiness or dizziness depending on the type of anesthesia you receive or on the amount of pain medication you are taking at home.
- Do not drive, operate heavy machinery or power tools, cook, drink alcoholic beverages, smoke, make legal decisions, or take any medications not prescribed by your physician for at least 24 hours after your surgery.
- The day after surgery, a member of the Surgery Center staff will call to see how you are feeling.
- Contact your physician if you feel you are having problems after surgery. If you cannot contact your doctor but feel your concerns warrant a doctor’s attention, call or go to the emergency room closest to you.

ABOUT YOUR BILL

Using information obtained from your surgeon’s office, our business office staff will call your insurance company prior to surgery to verify your medical benefits for our facility charge. We will secure any information regarding co-payments, coinsurance, and/or deductible amounts that will be your responsibility. Payment of your share of charges is expected in full prior to or on the day of your procedure.

Your insurance company will receive a bill for the services provided by the Surgery Center. This covers your preoperative evaluation, most supplies and medications, equipment, personnel, and use of the operating and recovery rooms.

If you have no insurance or if your insurance does not cover the procedure to be performed, please make arrangements to pay the Surgery Center facility fee before or on the day of the surgery. Special prior financial arrangements can be made with our business office. For your convenience, we accept cash, personal checks and Visa/MasterCard.

In addition to the facility fee charges, you will receive separate bills for the following services: Your physician or surgeon, Anesthesia, if you received general anesthesia or it was necessary for a nurse anesthetist or an anesthesiologist to be available for your procedure, Laboratory or Radiology tests, if they were required by your physician, and/ or Pathology, if tissues or specimens were removed during surgery. Any questions regarding these services should be directed to the billing offices of the appropriate provider.

Our business office staff will be happy to answer any questions you may have regarding insurance coverage or billing procedures if you call 303.301.7700.

OWNERSHIP DISCLOSURE

The physician who has referred you to The Surgery Center at Lutheran may have a limited investment in this facility and therefore may have a “significant beneficial interest” in referring you to us. You are free to choose another facility in which to receive the services that have been ordered by your physician.