**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 – Standard
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
STOP
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 and Coffee" /></td>
<td>Such as apple or white grape juice</td>
<td><img src="image" alt="Powdered Lemonade" /></td>
<td><img src="image" alt="Water/Vitamin Water" /></td>
<td><img src="image" alt="Carbonated Beverages" /></td>
</tr>
</tbody>
</table>

NO DAIRY
NO PULP
NO RED, ORANGE OR PURPLE
NO RED, ORANGE OR PURPLE
NO DARK COLORED
Colonoscopy Prep Instructions – Standard
Procedures Before 11:00AM

<table>
<thead>
<tr>
<th>Sports Drinks</th>
<th>Popsicles</th>
<th>Jell-O</th>
<th>Broths/Coconut Water</th>
<th>Honey/Sugar</th>
</tr>
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<td>NO RED, ORANGE OR PURPLE</td>
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**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.

Thank you!
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
Please be sure to tell your surgeon about any existing medical conditions as well as prescription, herbal, or over-the-counter medications you are taking. If you have no insurance or if your insurance does not cover the arrangements to pay the Surgery Center facility fees, you will be required to sign the financial responsibility agreement. If you have any questions or concerns, please contact the billing office of the appropriate provider.

Our business office staff will be happy to answer any questions you may have regarding your insurance coverage or billing procedure. You are free to choose another facility in which to receive the services that have been ordered by your physician.

**Please follow these instructions can cause serious complications.**