

PROCEDURE INSTRUCTIONS

It is very important to follow these instructions to ensure full visualization of your colon. Inadequate preparation limits the value of this procedure and could necessitate rescheduling your exam. Please follow the instructions below rather than on the package. You may NOT have breakfast the day before the procedure.

	Day <u>BEFORE</u> the procedure	Day <u>OF</u> the procedure
Diet Instructions	<ul style="list-style-type: none"> • NO SOLID FOODS • Drink clear liquids ALL DAY • Water, coconut water (without pulp), broth (without pulp), clear juices, clear Ensure, lemonade, Gatorade (no purple or red), sodas, jello (no red or purple), tea, coffee (without cream). • Protein drink: one protein supplement drink is allowed the day before the procedure (ex. Ensure). • Avoid: alcohol, dairy products, anything red or purple, anything with pulp. 	<ul style="list-style-type: none"> • NO SOLID FOODS • Drink clear liquids up until 3 hours before your procedure. • Nothing by mouth 3 hours before your appointment, not even a sip of water. • No gum, hard candy or breath mints.
Laxative Solution Preparation	<ul style="list-style-type: none"> • 5 PM: Start drinking the first dose of the SUPREP solution. • Drink at least 32 ounces of clear liquid afterwards. Continue to drink clear liquids all night. 	<ul style="list-style-type: none"> • 4 hours before your procedure, drink the second portion of the laxative solution. You must complete the second half even if your stools look watery. • Drink at least 32 ounces of clear liquids afterwards. • After completing the laxative preparation, you MAY continue to drink clear liquids up to 3 hours before your procedure.
Reminders	<ul style="list-style-type: none"> • Ensure you have a driver to take you home after the procedure. • Take your regular medications the day before the procedure, unless otherwise directed by our staff or your doctor. See additional instructions below for more details. 	<ul style="list-style-type: none"> • Do not take your regular medications, unless otherwise directed by our staff or your prescribing physician. • Have your ride return to the second floor waiting room 30 minutes after your scheduled appointment.

MEDICATIONS

EHR.GI.WS.04 Rev 09/21

Take:

- * Blood Pressure: Please take meds ending in 'olol the morning of the procedure.
Examples: Metoprolol, Atenolol, Labetolol

**** Please hold all other medications the day of the procedure. ****

Do NOT Take:

- * Blood Pressure: Do NOT take meds ending in 'pril or 'sartan the day of the procedure.
Examples: Lisinopril, Losartan
- * Blood thinners: If you can, stop taking blood thinning medications 5 days before the procedure.
Examples: Coumadin (Warfarin), Clopidogrel (Plavix), Aspirin, NSAIDS (Advil, Aleve, Ibuprofen)
If you have any concerns, please contact your prescribing physician for instructions on when to stop taking these medications.
- * Diet Pills/Stimulants: Please stop 2 weeks prior to the procedure Example: Phentermine
- * Diuretics: Stop taking "water" or "fluid" pills the day of the procedure, or consult your prescribing physician.
Examples: Lasix, Hydrochlorothiazide (HCTZ), Bumex
- * Iron pills: Stop 7 days prior to your procedure.
- * Fish Oil: Stop 7 days prior to your procedure.
- * Marijuana: Please do not take Marijuana, in any form, 24 hours before the procedure.
- * Smoking: Please do not smoke anything 24 hours before the procedure.
- * Diabetes:
 - If you take a pill to lower your sugar, do **NOT** take it on the day of your procedure.
 - If you are taking insulin (R), do **NOT** take it on the day of your procedure.
 - If you are taking long-acting insulin (NPH), you should take **HALF** of your prescribed dose on the morning of your procedure.
 - If you are taking any other insulin preparation such as Lantus, Humalog, or 70/30 insulin, **please contact your prescribing physician for instructions.**

If you have any questions concerning your medications, please contact your prescribing physician for specific instructions.

Please follow the instructions below rather than on the package. You may NOT have breakfast the day before the procedure.

Tips on drinking the prep solution:

- Mix the laxative solution as directed on the package and place in the refrigerator for several hours before drinking. Most patients find that drinking it cold is easier and you will most likely feel chilled. You may use tap water if you like.
- Take sips of a strong flavor like lemonade between sips of prep, if you want to minimize the taste.
- Drink the prep through a straw to minimize the taste.
- Do not add any flavoring to the liquid.
- If you do start to vomit, stop drinking the prep for 20-30 minutes and then try to resume drinking the prep.
- If you cannot finish the laxative solution due to vomiting, drink at least a quart of clear liquids and report for your procedure as scheduled.
- If you cannot keep any liquids down, please call 303-440-3216 to speak with a nurse.

General Procedure Instructions:

- **Your procedure will be performed at the Boulder Medical Center, GI-Lab located on the 2nd floor at 2750 Broadway Boulder, CO 80304.**
- Please check in at the reception desk in the lobby on the first floor with your insurance card.
- You will be receiving I.V. anesthesia.
- You may not drive or work the day of the procedure.
- After the procedure you will remain in the GI Lab recovery unit until you recover from sedation. On average, most patients are discharged 1.5 hours after they arrive.
- Patients who have received anesthesia may not drive for the remainder of the day. For safety and liability reasons, you **MUST** have an adult pick you up at the second floor GI Lab recovery unit at the time of discharge and take you home.
 - Please note that if you cannot provide appropriate transportation information during check in, unfortunately, we will need to cancel your procedure.
 - Dignity Care or other similar medical transportation service is acceptable, but they must come up to the 2nd floor to pick you up.
- You may be asked to stay in town for 3 days following your procedure should a polyp be removed.
- To reschedule or cancel your appointment, please call **(303) 440-3216**.
- Please be aware that cancellation of your appointment must be made at least 48 hours in advance in order to avoid a cancellation charge of \$150.
- If you have any medical questions about the instructions, please call Dr. Levine's office at (303) 440-3094.