

Dubuque Endoscopy Center

1515 Delhi Street Dubuque, Iowa 52001 (563) 589-4060

Preparing for your Colonoscopy

Patient Name is scheduled for Colonoscopy by Dr. _____

Please report to the Dubuque Endoscopy Center at _____ (AM/PM) for registration.
Cancellations within 48 hrs of procedure please leave a message at Dubuque Endoscopy Center (563-589-4060)

You must have a licensed driver take you home and be responsible for you upon discharge!

(Registration times are subject to change due to cancellations/changes in the schedule.)

Failure to follow instructions may result in procedure cancellation.

Please notify Dubuque Endoscopy Scheduling (563-589-4069) if **changes** to insurance, medical condition, or medications, prior to procedure.

_____	_____	Procedure Day: _____
_____	_____	_____
<p>SOFT FOODS ONLY</p> <p>You may have fork tender foods which include; mashed potatoes, canned soups, canned meats, pudding, yogurt, pasta, and eggs.</p> <p>*NO corn, peas, or beans.</p> <p>*NO fresh/raw fruits or vegetables.</p> <p>*NO nuts, lettuce, popcorn, or any food with seeds (berries, cucumbers, tomatoes, etc.).</p> <p>*NO oatmeal or fiber cereals.</p> <p>*NO flaxseed products.</p> <p>Colonoscopy preparation medications should be picked up from pharmacy by today:</p> <ul style="list-style-type: none"> • Bisacodyl Tablets (4) • Peg 3350 <p>Special Instructions: Prep scripts sent to _____ Please <u>call the pharmacy</u> before picking up your prep so that it is ready for you.</p>	<p>CLEAR LIQUIDS ONLY</p> <p>NO milk or milk products</p> <p>You may have broth, plain jello, tea, coffee, clear fruit juices: apple, white grape, white cranberry; popsicles, carbonated beverages, sport drinks: Powerade, Gatorade; hard candy, chewing gum. Nothing Red.</p> <p>In AM Prepare PEG 3350. Mix with 1 gallon lukewarm water. Shake container really well to dissolve because powder may be stuck on bottom of jug. Refrigerate. You may add Crystal Light to each glass to improve the taste. NOTHING RED!</p> <p>4:00 PM Take 4 Bisacodyl tablets.</p> <p>6:00 PM Shake container then drink 8 (8 oz.) glasses of PEG 3350 (one glass every 15 minutes) until a ½ gallon (8 glasses) is gone.</p> <p>Special Instructions: Please drink plenty of other fluids while you are drinking the prep tonight and tomorrow AM to prevent dehydration.</p>	<p>CLEAR LIQUIDS ONLY</p> <p>At</p> <p>Shake container and drink another 8 (8 oz.) glasses of PEG 3350 (one glass every 15 minutes) until remaining ½ gallon is gone.</p> <p>It is important to drink all of the PEG 3350 prep solution.</p> <p>At</p> <p>Nothing by Mouth However, take your usual morning medications with sips of water (unless otherwise directed).</p> <p>Please bring to registration: Photo Identification, Insurance Cards, List of Meds, Living Will (if available), and Licensed Driver (for discharge).</p> <p>Do Not Drive or Return to Work for 12 hours following your Colonoscopy.</p> <p>Special Instructions: Wear a mask into the Endoscopy Center today. Have your driver drop you off at the entrance of the Center and return to pick you up later. Allow about 2 1/2 hrs at the facility.</p>

Helpful Hints:

- Wear warm clothing as the cold solution may make you feel chilled.
Please avoid wearing sweatshirts or bulky clothing.
- Chew sugar-free gum or suck on sugar-free candy between glasses of solution. **(No RED!)**
- Mix warm water with lemon juice and drink a small amount between glasses of the solution. **DO NOT** ingest any lemon seeds while drinking lemon water.
- Vaseline, A&D ointment or similar product applied to the anal area to relieve discomfort.
- It is normal to still have the urge to have a bowel movement up until your procedure time.

What to do if you are not tolerating the colonoscopy prep:

- If you experience bloating with the preparation – which is common – wait 20-30 minutes and try to resume the preparation when you feel better.
- If you experience vomiting while drinking the preparation, but you still have some of the prep left to drink, wait 30 minutes to one hour and slowly resume drinking the preparation, pausing if you feel bloated. Many patients will be able to complete the preparation using this method.
- If you are unable to drink all of the instructed amount of prep solution due to nausea and/or vomiting, simply present for the procedure as scheduled and bring the remaining solution with you.
- If you are having persistent severe pain and/or significant abdominal distention, stop the preparation and call the Grand River Medical Group on-call physician at (563) 557-9111.

To clearly examine your colon, it is very important to complete the prep as instructed. Your stools should be yellow/clear in color in order to get the best examination of your colon.

Special medication instructions:

Take any blood pressure, heart, thyroid, anti-seizure and/or asthma medication and inhalers as usual.

Insulin and oral medications for diabetes may need to be adjusted prior to your procedure. Our physicians, your primary care physician, or your diabetes physician will instruct you on diabetic medications.

Do not take fiber products such as Metamucil, Citrucel, Fiber-Con, or fiber wafers.

You may continue aspirin and anti-inflammatory products **unless instructed to stop these medications by your gastroenterologist. Ginkgo herbal products need to be stopped** due to their blood thinning effects.

Stop any iron supplements one week prior to your procedure.

Blood thinners:

Some of these medications may need to be stopped up to 5-7 days prior to your procedure. Please make sure you have instructions from your physician as to when you should take your last dose of blood thinner medication prior to your procedure.

You must have a licensed driver take you home and be responsible for you upon discharge.

(You cannot use a taxi, bus, or walk home if you receive medication for your procedure.)

Cancellation within 48 hours?

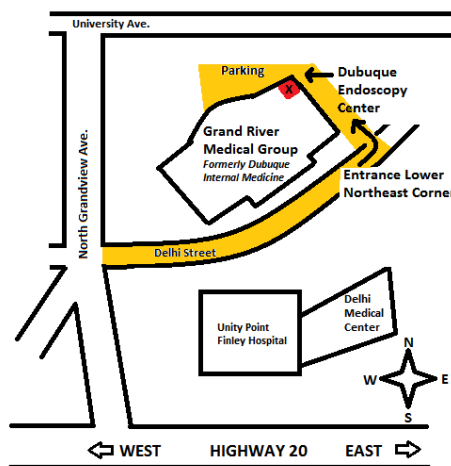
Please leave a message with
Dubuque Endoscopy Center (563) 589-4060

Further questions or concerns?

Endoscopy Scheduling (563) 589-4069

Dubuque Endoscopy Center (563) 589-4060

Grand River Medical Group on-call physician (563) 557-9111



For information concerning **Advanced Directives** or a **Living Will**, please go to your state website. Examples: Iowa Advanced Directives, Illinois Advanced Directives or Wisconsin Advanced Directives. Please call 563-589-4069 for questions you may have so that we may assist you.