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INSTRUCTIONS FOR COLONOSCOPY (2 DAYS PREP)

Patient Name: _____ Procedure Facility: _____

Procedure Date: _____ Estimate Arrival Time: _____

_____ North Broward Medical Center
 (954) 941-8300
 _____ Surgery Center at Coral Springs
 (954) 509-1367

_____ Northwest Medical Center
 (954) 974-0400
 _____ Boca Outpatient Surgical Center
 (561) 362-4400

Follow up Appointment: Date: _____ Time: _____

_____ Coral Springs office _____ Lighthouse Point Office

Preparation: You will be undergoing a colonoscopy. A colonoscopy is a test to look at the lining of your large intestine/colon using a flexible tube to check for abnormal areas, including cancer. You will be given IV (intravenous) anesthesia for this procedure.

Five to Seven Days before your Colonoscopy

- **DO NOT** take any aspirin, products containing aspirin, non-steroidal anti-inflammatories/NSAIDS (e.g. Aleve, Motrin, ibuprofen, naproxen), COX-2 Inhibitors (e.g. Celebrex), Pentoxifylline (Trental), Nabumetone (Relafen)
- **DO NOT** take iron supplements, vitamins or herbal supplements
- **DO NOT** take blood thinners, such as clopidogril (Plavix), dipyridamole (Aggrenox, Persantine), or warfarin (Coumadin). If you cannot stop taking these medications, please discuss this with your provider.

Note: Acetaminophen products (e.g. Tylenol) are safe to use before your procedure.

Arrange for transportation as you will not be allowed to drive after the procedure.

Two-Day Preparation Instructions

Your physician has prescribed solutions bowel preparation for you to clean your colon for your exam. Solution cleans the body's waste out of your colon so your doctor can clearly see the inside of your intestines. You must drink the entire solution to ensure the most effective.

Two Days Before Your Colonoscopy

You need to begin your preparation by drinking only clear fluids for two entire days before your procedure.

You cannot eat any solid food.

You may drink unlimited amounts of any type of clear fluid: water, sport drinks, dapple juice, beef or chicken broth. You may also eat Jell-O gelatin and popsicles. No purple or red products.

- 1:00 P.M. – 2 Tablet of Dulcolax
- 3:00 P.M. – 2 tablet of Dulcolax
- At 6:00 p.m. drink one bottle of Magnesium Citrate.

Continue to Drink lots of clear fluids.

Day before your Colonoscopy

- The entire day before your colonoscopy, no solid foods and stay close to a bathroom facility.
- You must follow a clear liquid diet (e.g. water, plain coffee, tea, gelatin, apple juice, white grape juice, chicken broth, beef broth, Gatorade.)
- You must **AVOID** any red or purple products

- Take 2 tablets of Dulcolax at 1:00pm
- Another 2 tablets of Dulcolax at 3:00pm
- Then begin drinking the first half of solution starting at 3:00pm. Drink it slowly until you finish half. Drink 8 ounces of solution throughout 10-15 minutes.
- Start other half at 9:00pm. Drink 8 ounces of solution throughout 10-15 minutes until you finish the entire bottle.

- You may use a small amount of lemon juice or small amount of Crystal Light to flavor the solution if needed. You may suck on lemon slices as well.
- Refrigerate or chill the solution to make it easier to swallow. Sometimes drinking the solution through a straw is helpful.

- Do **NOT** eat or drink after midnight (minimum of 8 hours before your procedure)
- You will know you have done a good job completing your prep solution once your stools are clear and watery. The stool should not be muddy or thick.
- You may experience some bloating, cramping, nausea, diarrhea, and/or vomiting. This is usually temporary and the symptoms will gradually improve. You may feel weak, especially if you have not taken enough fluid with the prep solution and can be remedied by increasing your fluid intake.
- Wet aloe wipes and a zinc oxide based ointment may relieve any soreness related to stool evacuation.
- No alcohol

Day of your Colonoscopy

- Do **NOT** eat or drink anything. If you must take your medication, you may take it with a few small sips of water.
- You may brush your teeth.
- If you are **DIABETIC**, do not take your medication the morning of the procedure. If you must take your medication, take only half of your regular dose. Continue to check your blood sugars as you normally do.
- Please arrive at the facility on time.
- You should not wear jewelry to the procedure.
- You will not be allowed to drive home. You may have a relative or friend drive you home. You may also go home in a taxi or by bus and must be accompanied at all times even upon arrival home.

Please ensure you have a follow up appointment to discuss the test results with our provider. Feel free to call our office with any questions or concerns. Good Luck!

A minimum of 48 hours notice is required for cancellations for procedures and office appointments.

List of Aspirin or Aspirin Related Drugs

4-Way Cold Tablets	Children's Advil Suspension	Indocin-SR Capsules	Orphengesic
Adprin - B Tablets	Children's Motrin Suspension	Indomethacin Capsules	Orudis Capsules
A.S.A. Enseals	Clinoril Tablets	Indomethacin Suspension	Oruvail Capsules
A.S.A. Tablets	Congesprin	Isollyl Improved Tablets & Capsules	Pabalate
Aches-N Pain Tablets	Cope Tablets	Ketrolac Tablets	Pabalate-SF Tablets
Advil	Coricidin	Ketoprofen Capsules	PAC Tablets
Alcohol	Coumadin	Lanorinal Tablets	Pamprin-IB Tablets
Aleve Tablets	Darvon Compound Pulvules	Lodine Capsules /Tablets	Pepto-Bismol Tablets and Suspension
Alka-Seltzer Products	Darvon with A.S.A. Pulvules	LodineXL	Percodan and Percodan Demi Tablets
Amigesic capsules	Darvon Compound-65	Lortab	Phenaphen
Anacin Tablets and Capsules	Darvon-N with A.S.A. Dasin Capsules	Magan Tablets	Piroxicam Capsules
Anaprox, Anaprox DS Tablets	Daypro Tablets	Magnaprin Arthritis Strength Captabs	Ponstel Capsules
Anodynos Tablets	DiFlunisal	Magsal Tablets	Presalin Tablets
Ansaid Tablets	Disalcid Capsules	Mamal Capusles	Relafen Tablets
APC	Doan's Pills	Marthritic Tablets	Robaxial Tablets
Argesic Tablets	Dolobid Tablets	Maximum Bayer Aspirin	Rufen Tablets
Artha-G Tablets	Dristan	Measurin Tablets	S-A-C
Arthralgen Tablets	Duoprin-S Syrup	MecloFenamate Capsules	Saleto Tablets
Arthritis Bayer Timed Release Aspirin	Duradyne Tablets	Meclomen Capsules	Saleto-200 Tablets
Arthritis Pain Formula Tablets	Easprin	Medipren Tablets and Caplets	Saleto-400,600,800 Tablets
Arthritis Strength Buffering Tablets	Ecotrin Tablets	Menadol Tablets	SalFlex Tablets
Arthropan Liquid	Emagrin Tablets	Meprogesic Tablets	Salocol Tablets
Arthrotec	Empirin Tablets	Micrainin Tablets	Salsalate Tablets
Ascodeen	Emprazol	Midol 200 Tablets	Salsitabs Tablets
Ascriptin, All products	Endodan Tablets	Midol, All products	Sine-Aid
Asperbuf Tablets	Epromate Tablets	Mobidin Tablets	Sine-Off
Aspergum [chewing gum]	Equagesic Tablets	Mobigestic Tablets	SK-65 Compound Capsules
Aspirin	Equazine M Tablets	Momentum Tablets	Soma
Asprimox Tablets	Etodolac	Motrin Tablets	Soma CMD
Axdone	Excedrin Tablets and Capsules	Nalfon Capsules/Tablets	St. Joseph Adult Chewable Aspirin
Axotal Tablets	Feldene Capsules	Nalfon Pulvules	St. Joseph Cold Tablets for Children
Bayer, All products	Fenoprofen Tablets	Naprosyn Tablets/Suspension	St. Joseph Aspirin for Children
BC Tablets and Powder	Fiorgen PF Tablets	Neocylate Tablets	Sulindac Tablets
Brufen	Fiorinal Tablets	Norgesic & Norgesic Forte Tablets	Supac
Buf-Tabs	Fluriprofen Tablets	Norwich Extra-Strength Tablets	Synalgos Capsules
Buff-A Comp No. 3 Tablets with codeine	Gelpirin Tablets	Nuprin Tablets and Caplets	Synalgos-DC Capsules
Buff-A Comp Tablets and Capsules	Gensan Tablets		Talwin Compound Tablets
Buffaprin Tablets	Goody's Headache Powder		Tolectin 200,600 Tablets
Bufferin, All products	Halfprin Tablets		Tolectin DS Capsules
Buffets II Tablets	Haltran Tablets		
Buffex Tablets	Ibu-Tab Tablets		
Buffinol Tablets	Ibuprohm Tablets and Caplets		
Cama Arthritis Pain Relieve	Indochron E-R Capsules		
CataFlam Tablets	Indocin Capsules/Suspension/Suppositories		

Tolmetin
Tablets/Capsules
Toradol
Injection/Tablets
Trendar Tablets
Tricosal Tablets
Tri-Pain Tablets
Trigesic
Trigesic Tablets
Trilisate Tablets and
Liquid
Vanquish Caplets
Verin
Voltaren Tablets
Zactin
Zorprin Tablets

CLEAR LIQUID DIET

This diet provides fluids that leave little residue and are easily absorbed with minimal digestive activity. This diet is inadequate in all essential nutrients and is recommended only if clear liquids are temporarily needed.



Food Group	Foods Allowed	Foods to Avoid
Milk & beverages	Tea (decaffeinated or regular), carbonated beverages, fruit flavored drinks	Milk, milk drinks
Meats & meat substitutes	None	All
Vegetables	None	All
Fruits & fruit juices	Strained fruit juices: apple, white grape, orange	Fruit juices with unstrained fruit
Grains & starches	None	All
Soups	Clear broth, consommé	All others
Desserts	Clear flavored gelatin, popsicles, (no red flavors)	All others
Fats	None	All
Miscellaneous	Sugar, honey, syrup, clear hard candy, salt	All others

BREAKFAST

4 oz. White grape juice
6 oz. broth
Jell-O
Tea

LUNCH

4 oz. Apple juice
6 oz. broth
Jell-O
Tea

DINNER

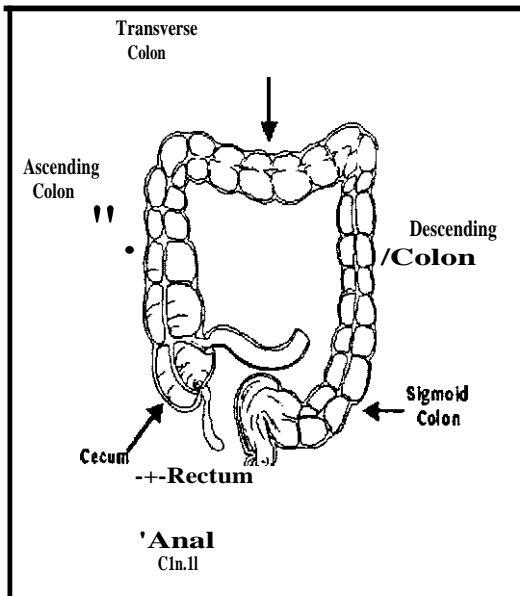
4 oz. Orange juice (strained)
6 oz. broth
Jell-O
Tea

COLONOSCOPY

You have been scheduled for colonoscopy for the purpose of examining your colon (large intestine) and (if applicable) removing a polyp or polyps.

What occurs during the examination?

The colonoscopy examination is done by inserting a long flexible lighted tube into the rectum and beyond. In many cases, the instrument can be inserted throughout the entire extent of the large intestine, permitting a complete examination. Abdominal cramps are usually experienced by the patient during the course of the examination. However, you will be sedated with medications which will help the cramps. Be sure and tell us if you are allergic to any medications.



What Is a Polyp?

A polyp is a growth that is attached to the inside of the colon. Most of these growths are benign but their removal is strongly recommended so that the polyp may be examined under the microscope, permitting an exact diagnosis to be made. In addition, benign polyps at times may become malignant with the passage of time. Therefore, we believe they should be removed. At times, a polyp is discovered unexpectedly during the course of a colonoscopy examination which is being done for other reasons. We recommend that all patients give us permission ahead of time to remove polyps if they are discovered.

What happens if a polyp is discovered?

If a polyp is discovered, a thin snare wire is passed through the colonoscope and the polyp is encircled. The snare is tightened and an electric current is passed through the wire which cuts off the polyp. The polyp is then brought out of the colon and sent to the pathologist for further examination.

Are there any possible complications?

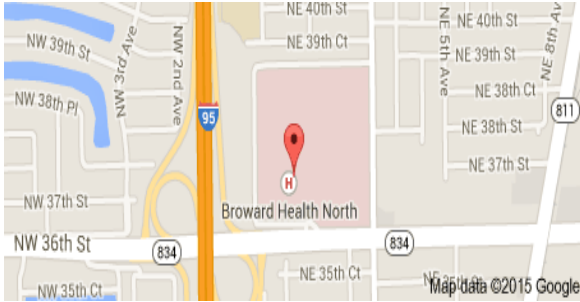
The possible complications of colonoscopy and polypectomy (polyp removal) include perforation (rupture) of colon, hemorrhage from the colon and side effects due to the medicines (sedatives) which are given. In very rare circumstances, death could result from a complication.

Note:

You should not use aspirin for 7-10 days before the test and certain arthritis medicines may predispose you to bleeding. Please review all your medications with the doctor.

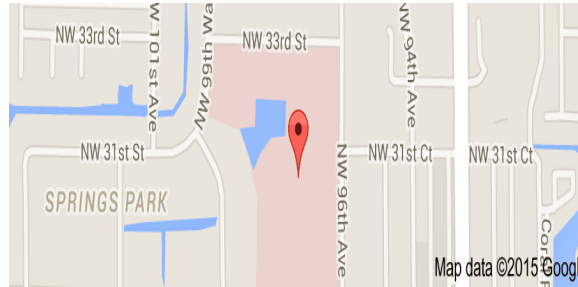
North Broward

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Pompano Beach, FL
(954) 941-8300



Coral Springs Medical Center

3000 NW 96th Ave
Coral Springs, FL 33065
(954) 344-3000



Broward General Medical Center

1600 S Andrews Ave
Fort Lauderdale, FL 33316
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Surgery Center at Coral Springs

967 North University Drive
Coral Springs, FL 33071
(954) 509-1367



Northwest Medical Center

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Boca Outpatient Surgical Center

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