

CENTER FOR HEALTH & CANCER PREVENTION
Keith E. Berger, MD

PREPARATION FOR COLONOSCOPY

IT IS EXTREMELY IMPORTANT THAT YOU READ ALL OF THESE INSTRUCTIONS CAREFULLY before beginning your prep!

Patient Name _____

Your procedure is scheduled in our office, located at 1301 First Colonial Rd, Suite 201 in the Mill Dam Medical Center on _____. You need to arrive at our office at _____.

(5) DAYS PRIOR TO PROCEDURE

1. *Do not take any aspirin or aspirin products 5 days prior to procedure and no arthritic medications 2 days prior to procedure. If you need to take anything for pain, you may take Tylenol.*
2. *If you take any other type of blood thinners (anticoagulants), you must consult the physician prescribing these prior to discontinuing them (they ordinarily must be discontinued prior to the procedure). Make sure our office knows if you take Coumadin, Plavix, etc. before you prep for the procedure.*
3. *If you are diabetic and take insulin or diabetic medication, you must check with your primary doctor or diabetic specialist as to whether or not you should take your diabetic medications the morning of your procedure.*
4. *You will need to obtain from any pharmacy the following items: **an 8 ounce bottle of Miralax powder, 4 Dulcolax Laxative tablets and 64 ounces of Gatorade.***

DAY PRIOR TO PROCEDURE

Be certain you drink plenty of fluids today! (If you are not diabetic, clear fruit juices are best)

1. *You will be on a liquid diet all day for breakfast, lunch and dinner. You can have apple juice, bouillon, broth, soda, black coffee or tea, Ensure, Kool-Aid, Boost, Gatorade and plain jello. NO SOLID FOODS, MILK OR MILK PRODUCTS, RED JELLO OR RED LIQUIDS.*
2. *Since you will be prepping for this procedure for the day, you may want to apply a protective skin lotion/oil such as Keri, Vaseline, olive oil etc. to your perineal area to prevent excessive chafing or irritation.*
3. *Approximately 4:00 pm, **take the 4 Dulcolax Laxative tablets followed by 2-3 glasses of clear liquids.***
4. *Approximately 4:30 pm, **mix half of Miralax (4 ounces) in 32 ounces of Gatorade and drink.***
5. *Approximately 8:00 pm, **mix the remaining half of Miralax in 32 ounces of Gatorade and drink.***

6. Unless otherwise instructed, please do NOT drink anything after midnight. Remember to take your regular medications (as directed) with a small sip of water.

DAY OF PROCEDURE

Please remove all jewelry and piercings prior to procedure

Please remember do NOT drink anything today. Not following all instructions could result in cancellation of procedure after arrival. We require that no liquids be consumed for 5 hours prior to the procedure.

1. Make certain you take your heart and blood pressure or other required medication as prescribed prior to the procedure (except aspirin or arthritic medication unless instructed to do so). If you are taking Prilosec, Zantac, Protonix, Nexium, etc. for reflux, make certain you take these medications as well.
2. You will need someone to drive you home after the procedure due to the sedation. You will not be able to drive until the following day. **NO TAXI CABS (unless you are accompanied by someone)**
3. Please leave all valuables at home (**with the exception of your insurance card, picture identification card and copay**) so nothing comes up misplaced or missing.
4. If you have any questions, concerns or something comes up, please call us. ***We require a 5 day notice of cancellation.*** Therefore, if you have any concerns or questions about the preparation or your ability to make your appointment, please call us at immediately at 412-4919. Thank you & we will see you at your appointment!

IMPORTANT: PLEASE READ!

Colonoscopy and endoscopy are very safe procedures. In experienced hands, the overall complication rate is less than 1 in 1,000 (serious complications include but are not limited to: bleeding, perforation (tearing the bowel wall), and cardiac or respiratory complications). Colonoscopy is therefore about 99.9% safe. Colon cancer, on the other hand, affects 1 in 19 people in the United States, with a 40% mortality in the first 5 years. Colonoscopy has been shown in some studies to reduce the risk of developing colon cancer by over 90%. While there is a very small but definite risk of serious complication during a colonoscopy, it is overshadowed greatly by the risk and complications of colon cancer. Dr. Berger and the anesthetist will answer any further questions you may have regarding your procedure prior to the procedure. If you have any immediate questions regarding the risks of the procedure, please be sure to ask our staff.

CANCELLATION FEE

Please note that, based on your reserving a date and time for your procedure, we will reserve office time, support staff, and a nurse anesthetist for your procedure. Due to the nature of the procedure and the necessary prep time, it is difficult or impossible to reassign your appointment time if you choose to cancel. ***CHCP reserves the right to charge a \$100 cancellation fee if a procedure is cancelled less than 5 days prior to the date of your procedure.***