

BEFORE PROCEDURE

Patient to do list:

Inadequate preparation may result in a limited exam and require repeating the entire procedure. Insurance may not cover a repeat procedure due to poor prep!

Shopping:

- You have been given a prescription for **Suprep** to fill at your local pharmacy.
- Hard candy or peppermints to use if laxative causes nausea.

Labs:

Please have any ordered bloodwork drawn the morning before your test. Arrive two hours before your appointment. Report to the GI Lab to have your blood drawn.

- You were given a requisition for your bloodwork.
- You do not need bloodwork at this time.

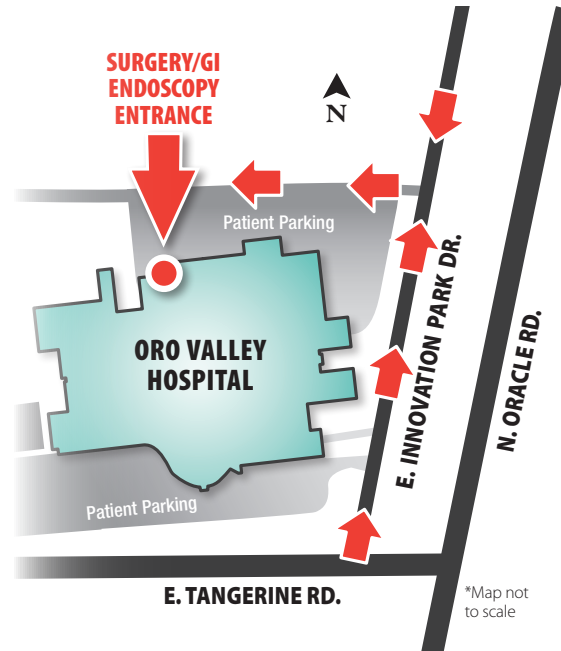
NOTE: Female patients will be required to provide a urine specimen when you arrive to the hospital.

POST-PROCEDURE CARE

Results & follow up

- Please go home and rest for the remainder of the day. Do not drive or work for the rest of the day.
- Your physician will discuss test results with you and your family member following the procedure.
- You will be given written instructions for diet, activity, and follow up instructions.
- If biopsies were taken, you will receive results via phone call or mail in about two weeks.

Your procedure will be done at the following location:



Mark Lin, M.D.

Phone: 520-901-6336

Fax: 520-901-6337

1521 East Tangerine Road, Suite 131
Oro Valley, AZ 85755

Note: All insurance carriers and coverage for procedures are different. We encourage you to call your insurance company to specifically explore your coverage.



SPLIT DOSE PREPARATION

SUPREP

Appointment Date: _____

Arrival Time: _____

Procedure Time: _____

Please call a minimum of three business days in advance if you need to cancel your appointment.

Mark Lin, M.D.

Office: 520-901-6336



NORTHWEST GASTROENTEROLOGY

NORTHWEST HEALTHCARE

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Colonoscopy

Colonoscopy

The purpose of this procedure is to directly visualize the mucosal lining of the colon in order to inspect for disease. The primary risk of colonoscopy is perforation. Overall risk is remote. The administering physician will discuss the risks of sedation on the day of the procedure.

Immediately prior to the passage of the instrument you may be given intravenous medications such as Fentanyl, Versed, or Propofol. If you are allergic to any of these medications, latex or eggs, please be certain you have notified the scheduler.

MEDICATIONS:

Do not take the following medications **seven days prior** to your procedure: garlic supplements, ginkgo biloba, glucosamine, iron supplements or multi-vitamins containing iron. **Avoid seeds, nuts and popcorn three days prior to your procedure.**

If you are taking blood thinners (Plavix, Lovenox, Coumadin, Xarelto, Effient, Brilinta, Ticlid, Eliquis, Pradaxa, Heparin, or Fragmin) *please be certain you have notified the scheduler.*

DAY BEFORE PROCEDURE:

1. Clear liquid diet for breakfast, lunch, and dinner. **No solid foods.** Drink an extra 8 oz. of clear liquids every hour throughout the entire day.
2. **Diabetics:** Take half of your usual insulin dose. Do not take your diabetic pills today.

DAY BEFORE PROCEDURE (CONT.):

3. Take all other medications as usual, but not within two hours of Suprep.
4. At 5 p.m., pour one (1) 6 oz. bottle of Suprep liquid into the mixing container. Add cool drinking water to the 16 oz. line on the container and mix. Drink all of the liquid in the container. You must drink two (2) more 16 oz. containers of water over the next 60 minutes.

DAY OF PROCEDURE:

1. Six hours before your test, pour one 6 oz. bottle of Suprep liquid into mixing container. Add cool water to the 16 oz. line on the container and mix. Drink all liquid in the container. You must drink two (2) more 16 oz. containers of water over the next hour, then **nothing by mouth to eat or drink.** No gum, mints, or Ensure. Drinking any further liquids will postpone or result in the cancellation of your procedure due to anesthesia.
2. **Diabetics:** Please check your blood sugar and take this information with you to the hospital. **Do not** take your insulin or diabetic pills this morning. Bring all of your insulin with you to the procedure.
3. Please only take your heart, blood pressure, seizure, or respiratory medications at 6 a.m. with a small sip of water. You may use your inhalers.

DRIVING INSTRUCTIONS:

- You must have an adult 18 years or older remain with you during the procedure and to drive you home afterward. Your procedure will be cancelled if you fail to meet these requirements.
- You may not resume driving or operate any heavy machinery for the remainder of the day.

WHAT'S A CLEAR LIQUID DIET?

- Coffee without creamer, tea, or cola
- Apple, white grape, white cranberry juice
- Plain Jello (no red or purple colors)
- Clear soups and/or broth (strain off all veggies and/or noodles)
- Popsicles (no red or purple colors)
- Powerade (lemon-lime flavor), Propel (any flavor), or any artificially sweetened powdered drinks (Kool-Aid, Tang, Crystal Light - no red or purple colors)
- Sorbet that does not contain milk or chunks of fruit
- **NO** milk or milk byproducts (cheese, yogurt)
- **NO** alcohol
- **NO** grapefruit, tomato, V-8 or orange juice
- **NO** red or purple colors