**Your procedure is scheduled for: ­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Patient Date of Birth: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Procedure Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Arrive At: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Tri-Cities Gastroenterology, PC TriCities Hospital**

**1714 E. Hundred Road Suite 104 411 West Randolph Rd.**

**Chester, VA 23836 Hopewell, VA 23860**

**(804)681-0556 804-452-3692**

**\*Ambulatory Center located on the 1st floor\***

|  |
| --- |
| **Provider** |
| **Dr. Gregory Lemite** |

**\*\*Please call if you have any questions regarding your procedure or preparation for your procedure\*\***

1. You will need to purchase 4-8 Dulcolax tablets and the bowel preparation will be sent to pharmacy with your lactulose. (Prepare and refrigerate on the day before your procedure.)
2. Arrange transportation to and from the office the day of your procedure. **You cannot drive, please let your driver know that they may not leave during your procedure.**
3. Please note that additional charges may be incurred for testing of tissue taken during your procedure.
4. If you have a co-pay, it will be due at the time of your procedure. You may also want to check with your insurance company about a deductible. Should you need to cancel or reschedule, please give 48 hour notice. Failure to comply may result in a $50.00 fee.
5. Prior Authorization will be obtained by the office staff if required by the patient’s insurance company. The claims will be filed for the procedure within 48 hours of the patient having the procedure performed.
6. Please note that we use third party anesthesia companies, there is a possibility that you may be responsible for any additional fees that your insurance may not cover.

**Instructions for Colonoscopy:**

* The day before your procedure, you **cannot eat anything solid** at any time of the day. You may drink all the clear liquids you want with no limit until midnight. **Examples:** Ginger-ale, tea, clear soda, clear juices such as apple juice and clear grape juice, popsicles, broth, Gatorade, and Jell-O. You may have coffee with sugar but NO CREAMER. **NOTHING RED, ORANGE, OR PURPLE.** It is important to drink plenty of fluids this day.
* **\*\*NOTHING BY MOUTH AFTER MIDNIGHT UNLESS OTHERWISE DIRECTED\*\***
* Please take your blood pressure and/or thyroid medications the morning of your procedure with just a sip of water.
* If you are taking **Iron DISCONTINUE 1 WEEK BEFORE** your procedure.
* If you are taking **Coumadin,** discuss this with your doctor. (It is usually stopped 5 days before)
* If you are taking **Plavix, ASA** (Aspirin), **Effient, Xarelto, other blood thinners**, do not take for 3 days unless otherwise directed.
* If you are taking **Phentermine**, do not take for 7 days unless otherwise directed
* If you are diabetic, **do not take your p.m. or your a.m. dose** of the oral medication. If you use insulin, **take only ½ your normal dose** of insulin all day and do not take any insulin the day of your procedure. Please check your blood sugar the morning of your procedure.
* If you use an **inhaler**, medications for chest pain, or medicines for anxiety, please bring them with you.
* Please refrain from any **alcohol, smoking, or recreational drug** use while prepping for procedure.

**\*\*\*\*Please note a urine pregnancy test may be completed on all female patients of childbearing age, unless otherwise** **\*\*\*\***

***- FOLLOW INSTRUCTIONS PROVIDED BY THE OFFICE NOT WHAT COMES WITH THE PREP KIT!***

**If you are drinking Plenvu follow these instructions:**

**5:00pm**: Dose 1 - Use the mixing container to mix the contents of the Dose 1 pouch with at least 16 ounces of water by shaking or using a spoon until it's completely dissolved. This may take up to 2 to 3 minutes. Take your time-slowly finish the dose within 30 minutes. Refill the container with at least 16 ounces of clear liquid. Again, take your time and slowly finish all of it within 30 minutes.  
**12:00am**: Dose 2 - Use the mixing container to mix the contents of Dose 2 (Pouch A and Pouch B) with at least 16 ounces of water by shaking or using a spoon until it's completely dissolved. This may take up to 2 to 3 minutes. Take your time-slowly finish the dose within 30 minutes. Refill the container with at least 16 ounces of clear liquid. Again, take your time and slowly finish all of it within 30 minutes.

**If you are drinking Clenpiq follow these instructions:**

**4:00pm**: Drink 1st bottle of Clenpiq followed by (5) 8oz cups of water. Must be completed by 7pm

**7:00pm**: Take 4 Dulcolax tablets

**9:00pm**: Take 45ml of lactulose

**12:00am** (morning of procedure): Drink 2nd bottle of Clenpiq followed by (4) 8oz cups of water. Must be completed by 2am

**If you are drinking, Go-Lytely or Nu-Lytelty follow these instructions:**

**3:00pm** Take 4 Dulcolax tablets.

**5:00pm** Take 45ml of Lactulose

**7:00pm**: Begin drinking your bowel prep. Drink 8oz. every 15 minutes until completed within 4 hours.

**12:00am**: Take 45ml Lactulose

**If you are drinking Miralax follow these instructions:**

**3:00pm**: Take 4 Dulcolax tablets.

**5:00pm**: Take 45ml of Lactulose   
**7:00pm**: 510g of Miralax or Glycolax (this is over the counter) mixed with 94-128oz. of any clear liquid that isn’t red, orange, or purple. This needs to be finished by 10:30pm.  
**12:00am**: Take 45ml of Lactulose

**If you are taking Suprep Bowel Prep Kit, follow these instructions:  
5:00pm**: Pour one (1) 6oz bottle of SUPREP liquid into the mixing container. Add cool drinking water to the 16oz line on the container and mix. Drink all the liquid in the container. You must drink two (2) more 16oz containers of water over the next hour.  
**8:00pm**: Take 4 Dulcolax tablets.

**10:00pm**: Take 45ml of Lactulose

**12:00am**: Pour one (1) 6oz bottle of SUPREP liquid into the mixing container. Add cool drinking water to the 16oz line on the container and mix. Drink all the liquid in the container. You must drink two (2) more 16oz containers of water over the next hour.

**If you are taking SuTab Tablets follow these instructions:**- **2:00pm**: DOSE 1—On the Day Prior to Colonoscopy, Take the tablets with water STEP 1 Open 1 bottle of 12 tablets. STEP 2 Fill the provided container with 16 ounces of water (up to the fill line). Swallow each tablet with a sip of water, and drink the entire amount of water over 15 to 20 minutes. IMPORTANT: If you experience preparation-related symptoms (for example, nausea, bloating, or cramping), pause or slow the rate of drinking the additional water until your symptoms diminish. Drink additional water STEP 3 Approximately 1 hour after the last tablet is ingested, fill the provided container again with 16 ounces of water (up to the fill line), and drink the entire amount over 30 minutes. STEP 4 Approximately 30 minutes after finishing the second container of water, fill the provided container with 16 ounces of water (up to the fill line), and drink the entire amount over 30 minutes.

- **5:00pm**: Take 4 Dulcolax tablets.

-**7:00pm**: Take 45ml of Lactulose

- **10:00pm**: DOSE 2—Day of the Colonoscopy • The morning of colonoscopy open the second bottle of 12 tablets. • Repeat STEP 1 to STEP 4 from Dose 1. **IMPORTANT:** You must complete all SUTAB tablets and required water at least 2 hours before colonoscopy.

***- FOLLOW INSTRUCTIONS PROVIDED BY THE OFFICE NOT WHAT COMES WITH THE PREP KIT!***  
  
**\*\*NOTHING BY MOUTH AFTER MIDNIGHT UNLESS OTHERWISE INSTRUCTED\*\***

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(Signature) (DATE)

**Frequently Asked Questions:**

**What is a Colonoscopy?**

A colonoscopy is the visual examination of the lining of the large intestine (colon) and rectum. The purpose is to identify any abnormalities by inserting a flexible-fiber optic tube into the anus. The tube, which is about the thickness of your finger, is slowly passed into the rectum and colon. The results obtained from the colonoscopy are useful in diagnosing and treating a variety of symptoms and diseases.

**How do I prepare for the exam?**

The colon must be thoroughly clean for the exam to be accurate and complete. Usually this consists of drinking a large volume of a solution that flushes the colon clean. Your physician will provide you with the information about cleansing instructions.

**What happens during a Colonoscopy?**

A needle will be placed in your arm vein, through which medication will be injected to help you feel relaxed and sleepy. While you are laying on your left side, the flexible colonoscope will be inserted and the tube will be moved through the colon. If there is an abnormal growth (polyp), it will be removed by applying electrical heat (electrocautery) through the colonoscope. A small tissue specimen (biopsy) may be taken from the lining of the colon for microscopic analysis. Neither test will cause you any discomfort.

**What can I expect after the exam?**

Due to the medication, you may feel drowsy for a period of time. You will not be allowed to drive or use any type of heavy machinery until the following morning. Your doctor will discuss the finding of your exam and provide you with any instructions to follow when you return home. Ask your doctor or nurse if you have any questions.

**What are the risks of the procedure?**

Generally, a colonoscopy is a safe procedure; however, there is a risk of anesthesia, pain, bleeding, and perforation (making of a hole). Complications may require hospitalization and surgery.

**\*\*Please note that we use third party anesthesia companies, there is a possibility that you may be responsible for any additional fees that your insurance may not cover. \*\***

**NOTHING RED, ORANGE, OR PURPLE!!!**