

OMAHA GASTROENTEROLOGY CONSULTANTS, P.C.
GASTROENTEROLOGY & LIVER DISEASE
Board Certified in Internal Medicine & Gastroenterology
Martha A. Arouni, MD, FACP, AGAF
(402) 397-8040

- Please follow all instructions. This includes not eating solids and drinking lots of clear liquids.
- If you arrive at the facility not fully prepared, or if Dr. Arouni starts the procedure and you are not fully prepared, you may be sent home.
- Remember that the quality of the colonoscopy = the quality of the bowel preparation. A poor cleanout may result in:
 - Need for a “redo”
 - A missed cancer
 - Increased out of pocket costs for you
 - Embarrassment for you
- **A SUCCESSFUL COLONOSCOPY STARTS WITH A COMPLETE BOWEL PREP**
- If you have any questions or are unable to drink the bowel prep in the allowed time, please call our 24-hour number **402-397-8040**

- **If you need to CANCEL or RESCHEDULE your procedure please allow a minimum of 48 hours ADVANCE notice to our office by calling 402-397-8040 and speak to one of our staff members. If you are unable to provide us with 48 hours advance notice please be aware that you may incur \$100.00 fee per procedure. (\$100 charge is per procedure, i.e., upper and lower scopes=\$200 total charge)**
- **If you do not call to cancel or show up to your scheduled procedure you will incur a \$100.00 charge per procedure.**

Bergan Mercy Hospital
7500 Mercy Road
Omaha, NE 68124

Lakeside Hospital
16901 Lakeside Hills Court
Omaha, NE 68130

Lakeside Endoscopy Center
17001 Lakeside Hills Plaza, Suite 201
Omaha, NE 68130

OMAHA GI COLONOSCOPY CHECKLIST

Two weeks before the colonoscopy

- Stop all herbal or diet medications

One week before the colonoscopy

- Pick up your Miralax (238 g bottle), magnesium citrate, and dulcolax tablets from the pharmacy.
- If you take insulin, please speak to your prescribing physician about how to adjust your insulin for the procedure
- Find someone to drive you home from your colonoscopy

3 days before the colonoscopy

- Stop taking coumadin (Warfarin) or clopidogrel (Plavix). If you take other blood thinners, stop them after talking with our schedulers or your doctor
- Stop taking iron pills
- Stop eating nuts, seeds, corn, beans, and raw fruits and vegetables
- Stop taking fiber supplements (Metamucil, Citrucel)

PREPARATION FOR A COLONOSCOPY USING 2-DAY MIRALAX PREP

TWO DAYS PRIOR to your procedure, do the following:

Drink only clear liquids from the time you wake up until the time you go to bed.

Avoid red or purple liquids. Some examples of clear liquids are water, apple juice, white grape juice, tea, coffee (NO creamer), popsicles, Sprite, Gatorade, Broth.

- **3:00 PM:** Take 3 Dulcolax tablets with 16 ounces of water.
- **6:00 PM:** Drink 1 bottle of magnesium citrate

ON THE DAY PRIOR to your procedure, do the following:

Remain on a clear liquid diet ALL day. Remember to PUSH your fluid intake

- **3:00 PM:** Take 3 Dulcolax tablets with 16 ounces of water
- **6:00 PM:** Mix your entire bottle of Miralax powder (238 grams) with 64 ounces of Gatorade (no red or purple) or another clear liquid of your choice. Drink within 2 hours.
- Then, drink only water until midnight
- Nothing to eat or drink after midnight

ON THE DAY OF your procedure, do the following:

- If you take heart or blood pressure medication, take it in the morning with a small sip of water
- If you take medication for diabetes, follow instructions from the prescribing doctor
- Arrive to the facility 1 hour prior to your procedure time
- Bring a list of medications, a photo ID, and your insurance card

After your procedure, you will need someone to drive you home, due to the sedation you will receive. Dr. Arouni will speak to your family member or friend after the procedure if they are in the waiting room. You may eat whatever you like after the procedure, but take it slowly. You may resume normal activities the next day.

If you have any questions about the instructions, please call our office at 402-397-8040 between 8:30 AM- 5:00 PM

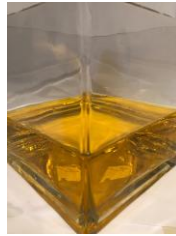
Dr. Arouni's "Insider Tips" for Success with Colonoscopy Preparation

1. Eat lightly (less food) for 5-7 days before the clear liquid day(s). This makes less to move through and can make the prep easier and more successful. Also, drastically increase fluid intake during this time period (unless you are on a fluid restriction).

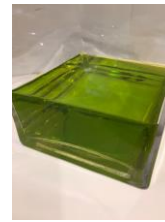
2. Your goal is the passage of clear fluid into the toilet several times (not just once) prior to leaving home for the procedure.



Clear



Clear



Clear



NOT CLEAR



NOT CLEAR

3. Walk around briskly while drinking the prep. This helps it move through and cuts down on nausea

4. Use lotion-coated facial tissue (the kind one uses with a "cold") to wipe your backside. This will cut down on irritation. Do not apply creams, ointments, or vaseline. These can "gunk up" the equipment.

5. Plan ahead! Take a shopping trip for Jello, Gatorade, broth, juice, clear hard candy-anything clear (but not red or purple) that will help get you through the prep. Be sure to call if you have questions.



Medication Guidelines Prior to Procedures

ASPIRIN COMBINATIONS

Stop 3 days prior to procedure

- Alka-Seltzer
- Aspirin
- Bayer
- Ecotrin products
- Excedrin products
- Fiorinal
- Monogesic
- Percodan

SALICYLATES

Stop 3 days prior to procedure

- Aspercreme
- Ben-gay
- Icy Hot
- Pepto-Bismol

IBUPROFEN COMBINATIONS

Stop 3 days prior to procedure

- Advil
- Ibuprofen
- Midol
- Motrin

OTHER ANTI-INFLAMMATORIES

Stop 3 days prior to procedure

- Celecoxib (Celebrex)
- Diclofenac (Voltaren, Cataflam, Arthrotec)
- Diflunisal (Dolobid)
- Indomethacin (Indocin)
- Ketorolac (Toradol)
- Meloxicam (Mobic)
- Nabumetone (Relafen)
- Naproxen (Aleve, Anaprox, Naprosyn)
- Piroxicam (Feldene)

WEIGHT LOSS MEDICATIONS

Stop 2 weeks before procedure

- Sulindac (Clinoril)
- Ephedra and Ephedra-containing energy pills, metabolism boosters, weight loss products
- Phentermine (Adipex-P, Suprenza)
- Phentermine/topiramate (Qsymia)

HERBAL MEDICATIONS AND NUTRITIONAL SUPPLEMENTS

Stop 3 days prior to procedure

- Fish oil
- Ginger
- Gingko Biloba
- Ginseng
- Omega-3
- St. John's Wort
- Vitamin E
- Flax seed oil

BLOOD THINNERS

Stop 3 days prior to procedure

- Coumadin (Warfarin)
- Clopidogrel (Plavix)

Stop 2 days before the procedure

- Apixaban (Eliquis)

Stop the morning of the procedure

- Dabigatran (Pradaxa)
- Enoxaparin (Lovenox)
- Heparin
- Rivaroxaban (Xarelto)

Tylenol is acceptable to take prior to procedures.