



GASTROENTEROLOGY
Irving Gottfried, M.D.
COLONOSCOPY PREPARATION

Patient \_\_\_\_\_ on \_\_\_\_\_ Arrive
at \_\_\_\_\_

Table with 4 columns: Forbes Regional Hospital, Monroeville Surgery Center, UPMC Surgery Center, UPMC East. Includes addresses, phone numbers, and arrival instructions.

IMPORTANT:

- IF YOU ARE DIABETIC-CALL PCP REGARDING POSSIBLE MED ADJUSTMENT
IF YOU NEED PRE-MEDICATED FOR ANY PROCEDURES-CALL YOUR PROVIDER
IF YOU ARE ON ANY BLOOD THINNERS such as Aspirin, Coumadin, Plavix, Aggrenox, Effient -CALL PROVIDER ABOUT HOLDING MEDICATION

- You must have someone drive you to and from the facility/ NO EXCEPTIONS
Bring a list of all medications you are currently taking.
Bring your insurance card and photo ID.

Three (3) Days prior Please avoid High Fiber Foods Avoid Flax, seeds, raw or undercooked vegetables, dried fruits, beans, and brown rice or whole wheat grains.

One(1) day prior to your procedure: You will be on an "All CLEAR LIQUID diet" and no solid food. You may drink water, black coffee (without cream or milk) Gatorade, Gingerale, popsicles, jello, clear juices, beef or chicken broth and/or tea (hot or cold) (NO RED OR PURPLE colored)

- DO NOT EAT ANY solid food the entire day before your test.
Your bowel 'prep' (Nulytely, GoLyteLy, PEG solution) will be sent electronically to your pharmacy.
At 4:00 pm begin drinking your prep, 8 ounces every 20 minutes until the 1st half is finished. Take an hour break and then continue drinking the same way until the solution is finished. You may continue clears until midnight. (All solution must be consumed by midnight, unless stool is clear)

Nothing to drink after midnight the day prior to your procedure.

Once we have received your results, and your provider has reviewed them, you will be contacted. If you have not been contacted within 14 days of your test, please call the office. Should you find that you are unable to keep your appointment, please notify our office at least 24 hours in advance. Failure to do so will result in a \$50.00 no show charge.

This is an invasive procedure. Although there is a less than 1% chance of any risk, there is a possibility of rips, tears, bleeding, perforations, and the need for fluids, x-rays, oxygen, a hospital stay or surgery. You may have difficulty in finishing the procedure, trouble passing air after the procedure, sore IV site, or sore rectum.

If you have any questions or need to change or cancel your appointment, please call our office at 412-457-0427.