

COLONOSCOPY TRILYTE PREP

DATE: _____ CHECK IN TIME: _____

Per hospital regulations you MUST have a driver to drive you home. NO EXCEPTIONS. You will not be able to drive the Rest of the day. If you are unable to keep your scheduled appointment, please call to let us know AS SOON AS POSSIBLE. We can be reached at 623 773 1161 my name is _____.

Do NOT take the following medications for ____ days before your procedure, unless otherwise directed by our physicians Aspirin or aspirin containing medications: Ibuprofen, Motrin, Advil, Aleve, Nuprin, Naprosyn, Voltaren, Feldene, Clinoril, Salsalate. You can take Tylenol at any time. Do NOT stop any other medications other than the ones listed above.

1) Two days before your procedure: _____
You will take either two Dulcolax tablets or two Tablespoons of Milk of Magnesia before bedtime. This step will help in Passing of any hard stool in the colon.

2) The day before your procedure: _____
YOU MUST NOT EAT ANY SOLID FOODS THIS DAY-- CLEAR LIQUIDS ONLY!!

CLEAR LIQUIDS ARE: Water, bouillon, broth, apple juice, white grape juice, tea, soda, black coffee, Crystal lite, hard candy (to suck on only). You may also have Jell-O, popsicles, or Kool-Aid as long as they are NOT RED, ORANGE OR PURPLE. The color in these three products may stain the bowel looking like blood and cause undue Worry. You must drink at least one gallon of clear liquids throughout the day. This will prevent you from becoming Dehydrated. The prep solution does not count as your clear liquid intake. Clear liquids are in addition to the prep solution. Any flavor or color of Gatorade may also be taken as clear liquid. Gatorade may also be used in place of water to mix In prep solution.

Mix bowel prep solution this morning according to the instructions behind the label on the bottle. Place in the refrigerator To help improve the taste. DO NOT add ice. You will start drinking the solution at 12 noon. This gives you time to call Our office should you have any questions or problems with the prep. Drink 8 ounces of solution every 15-20 minutes Until the ENTIRE gallon is consumed. HINT: do not try to drink more than 8 ounces at one time, cause it's just not gonna Happen!! And it is more effective to drink the solution quickly rather than sipping it. You may drink any clear liquid after Each glass of solution in order to cover up any after taste. You should continue to drink clear liquids up until midnight Than stop. The bowel prep solution works differently on each person: Once you start drinking the solution you MUST Be near a bathroom as it can start to clean the bowels within 20 minutes or it may take 1-2 hours to start the process. If You get nauseated you must slow down. Drinking the prep solution 6 ounces every 25-30 minutes. Followed by warm Clear liquids, like broth. Notify your doctor (PCP) if you take insulin or any Diabetic medications.

YOU MUST DRINK THE ENTIRE GALLON OF PREP SOLUTION. Please call the office if you cannot complete The prep as your procedure may need to be rescheduled.

3) Day of the Procedure: **NOTHING TO EAT OR DRINK!!**

Only exception: if you take blood pressure medications in the morning, you make take it with a small sip of water. DO NOT take your morning dose of Insulin or Diabetic medication on the day of your procedure. When checking into the outpatient department let them know that you are diabetic and they will monitor your glucose level during your stay.

Due to the increased number of patients that do not keep their appointment for their procedure there will be a \$50.00 charge for **NOT** cancelling the procedure with at least 48 hours notice. Should you need to change the date or time please feel free to call our office at 623-773-1161, please make sure that you will be able to keep the appointment at the new time or date.

Your driver must stay in the office during your procedure and not leave. Your stay in the office will vary on the procedure to be done, this will vary from 30 minutes to 2 hours. You do not have to be at our office any earlier than the stated check In time on your prep sheet.

You **MUST** have a driver with you on the day of your procedure. **Do not drive any motor vehicle or operate dangerous equipment after your procedure.** For liability reasons you will not be able take a taxi or bus home from the procedure, unless accompanied by another adult—there will be no exceptions. If you show up in a taxi or unaccompanied by another adult—**YOU WILL BE RESCHEDULED.** Weakness and lack of coordination are the results of the medications that are given during the procedure. Do **NOT** conduct any important business or sign any legal documents on the day of the procedure.

***Please be selective on whom you choose to be your driver from this procedure. Because you will be under anesthesia, you may not fully understand or remember what is said about the results. This person that is to take you home will be given any results and recommendations. They will be asked to sign the discharge orders. Please do **NOT** bring a young adult as they are usually not mature enough to understand what is said. By selecting your driver you may be allowing them access to personal information. Please let your intentions be known to our office as soon as you arrive.

It is the patient's responsibility to know their Insurance Benefits and the coverage of their policy.

Deductibles and copays are determined by the insurance company and are not subject to any change with or without an authorization for the procedure. Our office will obtain the prior authorization for the procedure as needed per the insurance company. There will be a balance generated from our office for the 1) physicians services—Dr Bal or Dr Chadha 2) Anesthesiologist—Dr Le or Dr McClain 3) Pathology Lab—Miraca Labs, only if a polyp or biopsy is taken. These are all totally separate entities.

IF YOU ARE SCHEDULED FOR A SCREENING COLONOSCOPY, YOU MUST UNDERSTAND THAT THE DIAGNOSIS CAN/WILL CHANGE IF ANY POLyps OR ANY ABNORMAL FINDINGS ARE FOUND DURING THE PROCEDURE. IF A POLYP OR ABNORMAL FINDING IS MADE, THE DIAGNOSIS IS NO LONGER A SCREENING, BUT IN FACT NOW A DIAGNOSTIC. THIS MAY CHANGE YOUR BENEFITS, CO-PAYS AND OR DEDUCTIBLE THAT YOU ARE REQUIRED TO PAY FOR THE SERVICE. A screening colonoscopy is one where the patient has ABSOLUTELY NO problems, NO complaints, No symptoms of any kind AND nothing is found during the procedure. Any Problem, Complaint, Symptom that a patient may have makes the colonoscopy a diagnostic and NOT a screening. Should you have any questions prior to your procedure, please do not hesitate to ask.

Should your insurance coverage change, you must notify our office as soon as possible. Some insurance companies can take 3-7 days to obtain an authorization. This could cause us to reschedule your procedure date.