

COLONOSCOPY PREP: IMPORTANT INFORMATION REGARDING YOUR UPCOMING COLONOSCOPY

WE KINDLY ASK THAT YOU PLEASE READ THIS DOCUMENT THOROUGHLY AND CAREFULLY BEFORE CALLING THE OFFICE

Your Surgeon: **Rhoda M. Smith, MD** **Lawrence W. Blass, MD**
Facility: **Surgery Center of Key West** **Lower Keys Medical Center**
931 Toppino Drive, Key West, FL 33040 5900 College Rd, Key West, FL 33040
Date of Procedure: _____

YOU WILL NEED A RESPONSIBLE ADULT TO DRIVE YOU TO AND FROM YOUR PROCEDURE AND REMAIN WITH YOU FOR 24 HOURS AFTER YOUR PROCEDURE (A TAXI/UBER/LYFT IS NOT AN ACCEPTABLE MODE OF TRANSPORTATION)

****The facility will call you 1-2 days prior to your procedure to review your medications & medical history****
The facility will also tell you **what time you will need to be present** on the day of your procedure

PLEASE DISREGARD THE TIME ON ANY TEXT/EMAIL REMINDER YOU MAY RECEIVE FROM OUR AUTOMATED SYSTEM; REPORT TO THE FACILITY AT THE TIME GIVEN TO YOU BY THE FACILITY'S REPRESENTATIVE ON THE PHONE, EVEN IF THE TEXT OR EMAIL COMES AFTER THAT PHONE CALL.

ITEMS TO PURCHASE OVER THE COUNTER ONE WEEK BEFORE THE PROCEDURE:

- Miralax in a large bottle (8.3 oz or 238 grams)
- 4 Dulcolax Laxative Tablets (5mg tablets)
- 1 Fleet Enema (saline)
- 64 oz bottle of Gatorade or Similar **clear liquid**. If you are diabetic, purchase a low-calorie drink (ie. Crystal light)
No red colors or flavors

Optional: you may want to purchase a barrier cream (ie. Desitin, Vaseline) to apply to your rectal area during your prep



5 DAYS BEFORE YOUR PROCEDURE: Stop taking or do not ingest any of the following: (unless otherwise directed)

- Plavix
- Coumadin
- Warfarin
- Eliquis
- Xarelto
- Iron tablets
- Vitamin E
- Metamucil
- Citrucel
- Fiberall
- Fish oils
- Corn
- Popcorn
- Fiber Supplements
- NSAIDS (Aspirin, Ibuprofen, Motrin, Aleve, Naprosyn)

THE DAY BEFORE YOUR PROCEDURE: Drink only **clear liquids**. Do not eat any solid foods or milk products

- Acceptable Clear Liquids Include: (no red colored liquids)
- Water
 - Strained fruit juices (no pulp)
 - Popsicles
 - Soft drinks
 - Gatorade
 - Clear broth or bullion
 - Jell-O
 - Coffee/Tea (no milk or cream)

FOLLOW THIS SCHEDULE THE DAY BEFORE YOUR PROCEDURE:

- 1:00 PM Mix the entire bottle (8.3 oz) of Miralax with (64 oz) of clear liquid, shake to dissolve and refrigerate
- 4:00 PM Drink ½ of the Miralax and liquid mix (32 oz)
- 6:00 PM Drink the second ½ of the Miralax and liquid mix (32 oz)
- 8:00 pm Take x4 5mg Dulcolax tablets with 8 ounces of water

THE MORNING OF YOUR COLONOSCOPY:

- Administer the fleet enema **1 hour** before going to the facility.
- Do not eat or drink anything until after your procedure is completed.
- You may take your routine morning medications **as instructed by the physician** with a small sip of water. Only take the medications approved by your surgeon: no blood thinners, NSAIDS, fish oil, etc. unless instructed
- You will need to have an adult with you to take you home from your procedure and remain with you for 24 hours after your procedure. You will not be permitted to leave by yourself. *(A Taxi, Uber, Lyft, etc. is not an acceptable form of transportation)*
- Expect to be at the facility for 2-4 hours for the procedure and recovery time

GENERAL INFORMATION: You have been scheduled to have an exam called a Colonoscopy (lower GI series). This procedure allows the doctor to examine the inside of the entire colon with an instrument called a colonoscope. Colonoscopy has become an important way to examine the inside of the entire colon directly.

BEFORE THE PROCEDURE: Before the procedure begins. An IV is placed to access your veins for fluids. You will also be given some medication through the IV which will make you relax and sleep through the procedure.

THE PROCEDURE: The procedure will begin with you lying on your left side. The colonoscope will be lubricated thoroughly and inserted gently through the anus and into the colon. The instrument will be advanced through the entire colon for a thorough exam. You will not be too aware of the procedure.

AFTER THE PROCEDURE: When the procedure is complete, the relaxing medicine is stopped and within a few minutes you will be awake. The procedure usually takes about 30-45 minutes. Many patients remember so little of the procedure that they believe it only lasted several minutes or they may not remember the procedure at all. Your blood pressure, pulse, and breathing will be monitored until they are stable. When you are alert, you should be able to go home with a responsible adult.

RISKS MAY INCLUDE: Although uncommon, complications from the procedure can include: adverse reaction to the sedation, bleeding, and possible perforation in areas where the colonoscope was passed.

If you have any of the following signs or symptoms after your procedure, call the office at:
(305) 294-1041 x 203 A registered nurse will be available to assist you.

CALL IF YOU:

- HAVE ANY ADDITIONAL QUESTIONS ABOUT THE PROCEDURE OR THE PREP
- DEVELOP ANY ABDOMINAL PAIN
- DEVELOP ANY BLEEDING
- DEVELOP A FEVER HIGHER THAN 100°F
- DEVELOP ANY UNUSUAL SIGNS OR SYMPTOMS

COLONOSCOPY RESULTS:

A negative result indicates the doctor did not find any abnormalities in your colon.

You may be recommended to test after 10 years if you are at average risk of colon cancer.

A positive result indicates that there are abnormal tissues or polyps in your colon.

A sample of these will be sent to a laboratory for study to determine if they are malignant (precancerous or cancerous) or benign (non-cancerous).

YOU WILL BE NOTIFIED BY A LETTER, PHONE, OR BY A SECURE COMMUNICATION THROUGH THE PATIENT PORTAL ABOUT YOUR RESULT

****PLEASE NOTE THAT THIS PROCESS CAN TAKE UP TO 4 WEEKS****

