

# Gastroenterology and Internal Medicine Specialists, S.C.

22285 Pepper Road, #311  
LAKE BARRINGTON, ILLINOIS 60010

24 HOUR ANSWERING SERVICE  
TELEPHONE (847) 382-4410  
FAX (847) 382-4451  
[www.GastroDr.com](http://www.GastroDr.com)

PLEASE READ ALL INSTRUCTIONS CAREFULLY ON **BOTH** SIDES OF THIS PAPER AS COLONOSCOPY PREPARATION INSTRUCTIONS ARE ON THE BACK.

Your colonoscopy is scheduled with \_\_\_\_\_ on \_\_\_\_\_ @ \_\_\_\_\_

You are to arrive for your colonoscopy **1 hour prior** to your scheduled time at the following place:  
(Main Entrance)

\*\*\*\*If you are having your test at a Centegra location, please call registration at (815) 334-5566

**TRANSPORTATION:** You must have an adult to drive you home and look after you for 12-24 hours because you will be sedated (given medicine to sleep during the test). This is for your safety. A taxi or walking is NOT acceptable. **If you do not have a ride, your procedure will be cancelled.** The procedure takes about 30 minutes. However, plan to be at the hospital/clinic for 2 1/2 to 3 hours.

## SPECIAL INSTRUCTIONS:

### DIABETICS ON ORAL MEDICATION (PILLS)

Take only half the usual dose the day BEFORE the procedure. **Do not take** your diabetic medication on the day of your colonoscopy. You may take your medication when the procedure is over and you are able to eat.

### DIABETICS ON INSULIN

Test your blood sugar before you come for your colonoscopy. **Take only half of your usual dose of insulin on the day of your procedure.**

**2 Weeks before your colonoscopy:** Please stop taking any diet pills, such as: Fenfluramine, Dexfenfluramine, or Phenteramine.

**STOP TAKING ANY HERBAL MEDICATIONS AND SUPPLEMENTS/VITAMIN E 7 DAYS BEFORE YOUR COLONOSCOPY.**

**STOP TAKING THESE MEDICATIONS 5 DAYS BEFORE YOUR COLONOSCOPY:** advil, motrin, aleve, naproxyn, naprosyn, fish oil, ibuprofen, vioxx, bextra, iodine, relafen, mobic, arthrotec, anaprox, feldene, celebrex, daypro, meloxicam, indomethacin, diclifenoc. **TYLENOL IS OK TO TAKE.**

**INSURANCE INFORMATION:** Our office handles the medical precertification of your procedure. For example, what your deductible is and copay. In an effort to make your procedure and subsequent billing go smoothly without error you **must** verify your benefits with your insurance company, specifically, that your doctor, hospital, or office endoscopy center is covered by your insurance plan. If you have an HMO insurance, please make sure a completed referral is sent to the location of your procedure. **Remember** to inform our office if you have any changes to your insurance coverage or insurance carrier. Finally, if your insurance company asks for a procedure code or if you have any financial coding questions, please call our billing office at 847-639-2999.

**OVER →**

**\*\*\*PLEASE FOLLOW THESE INSTRUCTIONS, NOT WHAT COMES ON THE BOX\*\*\***

**7 Days before your colonoscopy:**

**CHECK MEDICATIONS:**

If you take a blood thinning medication such as: Coumadin, Lovenox, Warfarin, Plavix, Pradaxa, Elequis, Ticlid, Effient, Xarelto or any other blood thinning medicine **CALL YOUR PRESCRIBING DOCTOR** for instructions on how to take your medicines. Tell your prescriber you are having a colonoscopy.

IF YOU HAVE A MECHANICAL HEART VALVE OR HAVE HAD A STENT PLACED IN THE LAST 6 MONTHS YOU MUST HAVE INSTRUCTIONS ON TAKING BLOOD THINNERS FROM YOUR CARDIOLOGIST.

\*Do NOT stop taking aspirin                      \*Stop iron pills

**4 Days before your colonoscopy:**

If you received a printed prescription for one of the following, please bring it to the pharmacy to be filled:

-Prepopik bowel kit

**Purchase these Nonprescription items:**

-Dulcolax: 4 tablets (5mg Each)

This is a split prep. You will take the prep medicine the night before your colonoscopy and the morning of your colonoscopy.

**DO NOT EAT:**

-seeds                      -whole grain bread                      -kiwi                      -popcorn                      -berries  
-nuts                      -whole grain pasta                      -raw vegetables                      -corn

\*If you want apples, pears, or peaches, you must peel them first.

**1 Day before your colonoscopy:**

**\*\*\*\*\*You must start to hydrate yourself, which means, start drinking extra fluids\*\*\*\*\***

**BEGIN BOWEL PREP:**

\*\*\*No solid food, alcohol, beer, or wine today or tomorrow.

**YOU CAN EAT:**

Clear liquids like clear broth, apple juice, ginger ale, sprite, coffee or tea (milk and sugar are ok), jello (no red, orange or purple), vanilla pudding, vanilla frozen yogurt, vanilla yogurt (without any fruit, nuts or granola), eggs, plain cheese (no cottage cheese).

**AT 4PM:**

Take (4) four Dulcolax tablets. (5mg Each). After you finish this portion of the prep, you may NOT have any solids by mouth. You may have clear liquids only.

**AT 6 PM:**

Fill the dosing cup provided with cold water up to the lower (5 oz) line on the cup. Pour in 1 packet of Prepopik and **stir for 3 Minutes** until completely dissolved. Drink all of the fluid. Follow with a minimum of (5) 8 ounce glasses of clear fluid at your own pace over the next 5 hours. You may drink more if you choose. The prep may take up to 4 hours to begin working.

You **MUST** drink more solution in the morning even if your stool is clear.

**Colonoscopy Day:**

**FINAL PREPARATION:**

**5 hours BEFORE your procedure:**

Fill the dosing cup provided with cold water up to the lower (5 oz) line on the cup. Pour in 1 packet of Prepopik and **stir for 3 Minutes** until completely dissolved. Drink all of the fluid. Follow the prep with (4) 8 ounce glasses of water within the next hour. You must finish drinking your prep **at least 4 hours** before your procedure time.

**After you finish this portion of the prep, you may NOT have any liquids OR solids by mouth.**

**EXCEPT:**

**With a small sip of water, you should take medications prescribed for:**

-blood pressure

-seizures

-heart (except blood thinning medicine if you have been told to stop it)

-asthma (including inhalers)

**NO FOOD, FLUID, GUM OR CANDY IS ALLOWED**