



Vikram Garg, M.D. M.B.B.S.  
Gastroenterology  
1300 North 500 East, Suite 340  
Logan, UT 84341  
Office: 435-716-5900 Fax: 435-750-0378

## Preparing For Your Colonoscopy

- Your Procedure Is Scheduled On \_\_\_\_\_
- Your Estimated Appointment Time Is \_\_\_\_\_ AM / PM

### Please Read and Follow the Instructions

#### What to Bring:

- Completed forms-Health History and Medication History
- Someone to drive you home. If you have not arranged for someone to drive you home your procedure will be **cancelled**. We prefer the driver arrange to stay during the procedure.
- Your insurance cards. Many insurance carriers (not Medicare) and managed care companies require pre-authorization or pre-certification. To obtain coverage for these procedures, you will need to contact your insurance company. Let your insurance company know if your colonoscopy is either a screening or surveillance. If you need assistance or have questions call our authorization coordinator at **435-716-5900**.
- Your 2 co-pays. You will have a co-pay for the hospital and a co-pay for Dr. Garg
- Picture I.D.
- Copy of relevant medical records from your referring physician

#### What to Wear:

- Wear comfortable loose fitting clothing that is easy to step into. Wear flat shoes or tennis shoes. **Do not wear jewelry or bring valuables.**

#### Medical Conditions If you have any of the conditions listed follow the instructions

- Diabetes- Normally we recommend that you do not take your oral hypoglycemic or insulin before your procedure. Bring it with you to take after your procedure. Check you blood sugar frequently while taking the prep solution and the morning of your procedure.
- Aspirin – If you are taking aspirin due to a doctor's order to prevent stroke or heart attack continue to taking the aspirin. Stop taking your aspirin if you take it for other reasons.
- Ibuprofen- Stop 7 days prior to your colonoscopy
- Coumadin, Plavix, Heparin, Lovenox or other anticoagulants –call Dr. Garg's office 7 days before your exam for instructions. 435-716-5549

### **About Your Visit Time:**

All procedures vary in length. Due to these differences your procedure start time may need to be adjusted on the day of your procedure. Every effort will be made to keep your appointment at the scheduled time. Unexpected delays and emergencies may occur and your wait time may be prolonged. We give each patient the attention needed for their procedure.

**You should plan to stay at the hospital 2-4 hours.**

### **Directions and Parking**

The endoscopy (GI) department is located on the third floor of the Medical Arts Wing in Logan Regional Hospital. Our address is 1350 North, 500 East, Logan, Suite 340. The easiest way to get to the department is park in the Budge Clinic parking lot off 1300 North. Enter the Budge Clinic front door and take the elevators to the 3<sup>rd</sup> floor and walk straight ahead (a little to the left) following the signs labeled "GI Lab" until you get to suite 340.

### **Confirming Appointment**

We will need to confirm your appointment 1 week before your procedure. There are pre-procedure questions we need to ask. If you have not been contacted from Dr. Garg's office, please call 435-716-5900

### **Cancel or Questions**

If you have questions or must cancel please call **435-716-5900 or 435-716-5549** as soon as possible.

### **Interpreter Service**

If you need an interpreter provided please contact the Gastroenterology Department at 435-716-5900

## Colonoscopy Bowel Preparation Instructions Osmoprep

### About Colonoscopy

Bowel cleansing is needed to perform a successful colonoscopy. Any stool remaining in the colon can hide polyps and other lesions this could result in the need to repeat the colonoscopy. It is very important to follow the Bowel Cleansing Process.

### Five Days Before Your Colonoscopy

- Read all of your preparation instructions
- Contact your prescribing physicians for instruction on dosage of blood thinner and or diabetic medications.
- Purchase bowel preparation products **Osmoprep 32 tablets**, Zofran (ondansetron) and Dulcolax (biscodyl) tablets # \_\_\_\_\_ from your pharmacy.
- You will need a prescription from our office to purchase the **Osmoprep and Zofran (ondansetron)** from your pharmacy. In addition purchase (4) gas diminishing tablets i.e. Mylicon, Genosyme or Simethicone.
- Stop herbs, vitamins, and oral iron supplement. Stop any anti-inflammatory medications. (Motrin, Ibuprofen, Advil). Tylenol and Celebrex are okay to continue.
- If you have the tendency to be constipated, start taking (2) Dulcolax tablets 5 nights prior until your procedure.
- Arrange a driver for after the procedure. You will be unable to drive for 24 hrs. In addition, someone will need to be with you and check on you after the procedure.

### Three Days Before Your Colonoscopy

- Take (2) Dulcolax (biscodyl) tablets at bedtime. Continue to take (2) tablets each night prior to your procedure.
- Complete the forms sent from the endoscopy department (health history and medication history).
- Contact your insurance company to check on coverage.
- Make a list /addresses of the physician(s) who you want to receive a report of your procedure.
- Avoid all foods and beverages that contain seeds, strawberries, raspberries, etc.
- Confirm you have a driver to take you home following your procedure.

### Day Before Your Colonoscopy

- **No Solid Food**
- No alcohol
- Clear liquid diet all day (see clear liquid diet).
- Drink an extra 8 ounces of clear liquid every hour from 11 am to 3 pm.
  - 3:30 pm take 1 Zofran (ondansetron) pill
  - 4 or 5 pm start the Osmoprep, **4 tablets every 15 minutes until you have taken 20 pills** (total of 1 hour). Drink at least one full glass (minimum 8 oz) of clear liquid with each 4 tablets. Propel or Gatorade is an excellent choice. During the preparation continue to drink as much clear liquid as possible.

- Bowel movements usually occur in 1 to 3 hours after first 4 tablet dose and will continue 1-2 hours after your last dose.
- 9:00 pm take 2 gas diminishing tablets with 8 ounces clear liquid.
- 10:00 pm take 2 gas diminishing tablets with 8 ounces clear liquid
- Continue to drink clear liquids until you go to bed.
- You may apply a petroleum based product or diaper rash ointment to the rectal area to decrease discomfort from the frequent stools.

### **The Day of Your Colonoscopy**

- **No Solid Food**
- No alcohol
- You may take your morning medication except for insulin or oral diabetic medications
- Take 1 Zofran (ondansetron) 30 minutes before starting Osmoprep
- Beginning 4-5 hours before you scheduled procedure time, drink the remaining 12 Osmoprep tablets. Take 4 tablets with at least 1 glass of clear liquid every 15 minutes (total of 30 minutes).
- Once you have completed your last dose (32 tablets) of Osmoprep do not consume any additional liquid until after your procedure.
- If your procedure is scheduled in the early morning, you will need to get up in the middle of the night to take this dose of preparation. The correct timing of this dose is essential to an effective preparation.
- **You driver must remain in the waiting room during your procedure**
- After the procedure you may eat your usual diet unless otherwise instructed. Drink 8 ounces of liquid at least 6 times after the procedure and before bedtime.

**If feel the preparation is not working, notify the Endoscopy Department at 435-716-5900**

### **Tablet Check off Chart**

You may use the table below to help track when you have taken your doses:

<u>First Dose (day before procedure)</u>	<u>Second Dose (4-5 hours prior to procedure)</u>
Start 4 or 5 pm	Start at _____
Dose 1 at _____ 4 tablets <input type="checkbox"/>	Dose 1 at _____ 4 tablets <input type="checkbox"/>
Dose 2 at _____ 4 tablets <input type="checkbox"/>	Dose 2 at _____ 4 tablets <input type="checkbox"/>
Dose 3 at _____ 4 tablets <input type="checkbox"/>	Dose 3 at _____ 4 tablets <input type="checkbox"/>
Dose 4 at _____ 4 tablets <input type="checkbox"/>	Total of 12 tablets
Dose 5 at _____ 4 tablets <input type="checkbox"/>	
Total of 20 tablets	

### **Clear Liquid Diet**

Propel is the preferred clear liquid, Gatorade is all right but contains more sugar.

Clear fruit juices, white grape juice and apple juice

Water

Kool-Aide, PowerAde (no red or purple)

Clear soup or bouillon

Popsicles (no red or purple)

Tea or coffee without cream

Hard candies

Soda- 7-up, Sprite, Pepsi, Coke, Ginger ale, orange (no red or purple)

Jell-O (no red or purple)

Definition of a Clear Liquid Diet- if you can see through it you can drink it.