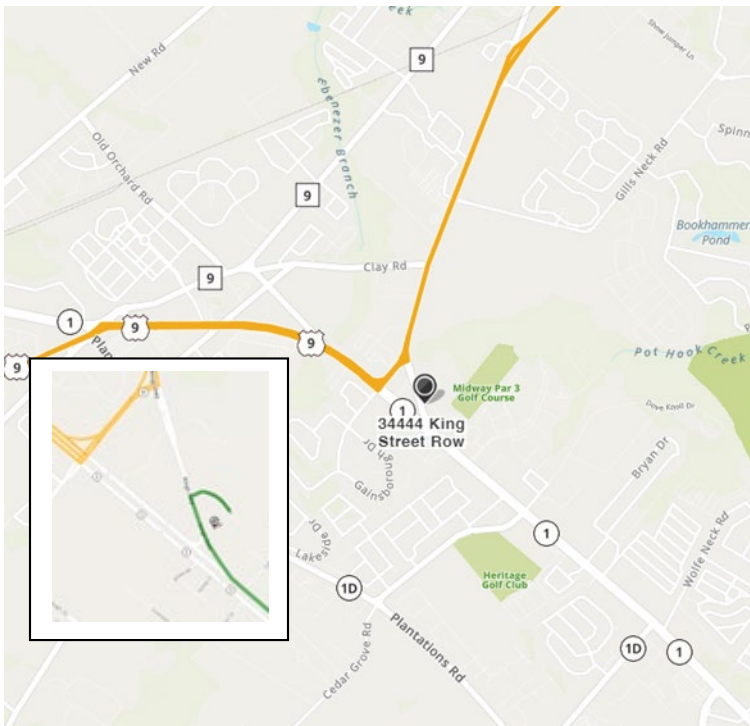




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1309 Savannah Road; Lewes, DE 19958 Phone: 302-645-6698 Fax: 302-645-4505

You are scheduled for a colonoscopy with a 2 day prep on: ___/___/___ with Dr. _____

CALL THE CENTER AT (302) 644-3852 FROM THE PARKING LOT WHEN YOU ARRIVE on your procedure day



Seaside Endoscopy Pavilion

34444 King Street Row

Lewes, DE 19958

(302) 644-3852

From the North

- Take DE – 1 S
- Turn left onto Dartmouth Dr. (US 9 E)
- At stop sign, turn right onto Kings Highway
- Turn left onto King Street Row
- The center is the second building on the right

From the South

- Take DE – 1 N
- Turn slightly right onto Kings Highway
- Take first right onto King Street Row
- The center is the second building on the right

The endoscopy center will text you with important information about your procedure including your arrival time. Please be sure to respond to any texts so you are prepared for your procedure.

If you need a cardiac clearance, permission to stop certain medications or other testing prior to the procedure, the office scheduler will call you with a procedure date once all of the information is obtained and reviewed by our physicians.

Instructions for Your Colonoscopy

A thorough colon cleansing before the procedure is the key to identifying and removing precancerous lesions.

Colon-cleansing preparations cause frequent loose stools. If you find it hard to tolerate the taste of the solutions try refrigerating the solution, sucking on ice or a lemon or lime wedge, or drinking the solution through a straw. You may experience bloating, stomach cramps, nausea and vomiting. You may also get chills, a headache and irritation of your rectal area.

There are many different colon cleansing preparations. Your provider has prescribed the best one for your particular needs based on medical conditions and insurance coverage.

It is important for you **to follow all the instructions in this guide, not the instructions in the medication's box**. If you do not, your procedure may be delayed or scheduled for another time. If you have questions after you read this or are not sure how to prepare for your colonoscopy please call our office directly at (302) 645-6698.

Your colonoscopy preparations will be **both**:

Suprep - Suprep comes with two 6-oz bottles of solution and a 16oz mixing container.

You will have a prescription for this portion of your prep.

Miralax/Dulcolax - Miralax and Dulcolax are over the counter medications that you can find at your pharmacy.

You will need to purchase: 4 Dulcolax laxative pills and 1 container of Miralax Powder (enough for 8 doses)

7 days before your procedure

- If you take a blood thinner, use the guide below and information provided by the physician prescribing the medication regarding when to stop this specific medication
- Stop taking any iron supplements, such as ferrous sulfate or polysaccharide iron complex
- Stop eating popcorn, corn, beans, nuts, fruits with small seeds, tomatoes and celery

2 days before your procedure

- Do not eat any solid foods
- Follow a clear liquid diet: tea, clear Gatorade, Sprite, 7up, ginger ale, apple juice, white grape juice, lemonade, clear broth, clear gelatin, clear popsicles – AVOID any red, blue, or purple colored items
- Do not eat or drink any dairy products or drink alcohol
- **At 12 noon: pour one of your Suprep solution bottles into the mixing cup; fill the rest up with water. You must drink all 16oz between 12pm and 1pm. Then drink two more 16oz of water between 1pm and 2pm**
- **At 6pm: pour one of your Suprep solution bottles into the mixing cup; fill the rest up with water. You must drink all 16oz between 6pm and 7pm. Then drink two more 16oz of water between 7pm and 8pm**

1 day before your procedure

- Do not eat any solid foods
- Continue to follow a clear liquid diet: tea, clear Gatorade, Sprite, 7up, ginger ale, apple juice, white grape juice, lemonade, clear broth, clear gelatin, clear popsicles – AVOID any red, blue, or purple colored items
- Do not eat or drink any dairy products or drink alcohol
- Do not smoke marijuana (recreational or medical) within 24 hours of your procedure
- **At 12 noon: drink six 8oz glasses of Miralax. Take two Dulcolax laxative pills with the first glass of Miralax. You should be drinking one cup every 30-45 minutes until you have finished all six glasses**
- **Do not eat or drink anything after midnight** except your last dose of prep 5 hours prior to your arrival – no candy, gum, mints, water, ice, etc.

The day of your procedure

- **5 hours prior to your arrival time: drink two 8oz glasses of Miralax. Take two Dulcolax laxative pills with the first glass of Miralax. Finish both glasses within an hour. This is also the time to take any medications your physician has directed you to take the morning of the procedure**
- It is important to NOT USE alcohol, marijuana, medical marijuana, narcotics, pain medications (prescribed or otherwise), and any form of illicit drugs (prescribed or otherwise) the day before and the day of the procedure
- It is important to NOT USE Methadone the day of the procedure, unless you have received specific approval from your physician
- It is important to NOT USE tobacco products the day of the procedure

***** If you do not avoid these items, then your procedure will be cancelled. *****

Important Reminders

- If you use inhalers, take your usual morning dose and bring the inhalers with you.
- Bring the completed health questionnaire including medications, picture ID, and insurance cards.
- Bring a copy of your living will, if you have one.
- Bring reading glasses if you need them.
- Take a shower the morning of the procedure. You may wear deodorant. Do not apply lotion or powder to your chest area. Bring a pair of warm socks for your feet.
- You must have a responsible adult over 18 years to drive you home after your procedure.
- When you arrive at Seaside Endoscopy Pavilion, please call (302) 644-3852 from your car to let the center know you have arrived.
- Your driver may not wait in the center. Ask your driver to remain within 10 minutes of the facility while you are in the center, to return to the facility's parking lot within 1 hour of your entering the center, and to be prepared to answer a phone call regarding your procedure.

Special Instructions for Certain Medications

Typically, blood thinning medications, weight loss medications, narcotic pain medications, anti-anxiety medications, and medicinal marijuana as well as some diabetic medications/doses are held prior to your procedure. Below are some general instructions. Please refer to the specific instructions given to you by our office when your procedure was scheduled.

DIABETIC MEDICATIONS: If you have diabetes and take oral medication, take your regular dose in the morning the day before your procedure. If you take medication in the evening, take half of the normal dose. Do **not** take any diabetic medication the day of the procedure. If you are diabetic and take insulin or use an insulin pump, follow your physician's specific directions.

BLOOD THINNING MEDICATIONS: Blood-thinning medications affect clotting and bleeding. Both the health care provider who manages these medications and the provider doing your procedure will need to decide if your medications need to change or be held prior to the procedure. Some common medications are listed in a table below. If you take one of these medications, be sure to check with our office regarding when to stop these medications.

Typically held for 2 days

| | | | |
|-------------------------|--------------------------|--------------------|-------------------------|
| Pradaxa (dabigatran) | Xeralto (rivaroxaban) | Eliquis (apixaban) | Lovenox (enoxaparin) |
|-------------------------|--------------------------|--------------------|-------------------------|

Typically held for 5 days

| | | | | | |
|----------------------|----------------------------|--------------------------|----------------------|------------------------|---------------------|
| Aspirin | Multivitamins | Vitamin E | Fish Oil | Ecotrin | Glucosamine |
| Aleve (naproxen) | NSAIDs (anti-inflammatory) | Motrin, Advil, ibuprofen | Celebrex | Heparin | Coumadin (Warfarin) |
| Plavix (clopidogrel) | Effient (prasugrel) | Pletal (cilostazol) | Ticlid (ticlopidine) | Brillinta (ticagrelor) | |

WEIGHT LOSS MEDICATIONS (ie phentermine): Any weight loss medication (prescribed or over the counter) must be stopped 2 weeks prior to your procedure. Please call our office if you need to reschedule your procedure.