

ST. ELIZABETH EDGEWOOD
1 Medical Village Dr.
Edgewood, KY 41017
Patient Entrance 3A

ST. ELIZABETH FT. THOMAS
85 North Grand Ave.
Ft. Thomas, KY 41071
Main Entrance

ST. ELIZABETH FLORENCE
4900 Houston Rd.
Florence, KY 41042
1D Entrance

ST. ELIZABETH GRANT CTY
238 Barnes Rd.
Williamstown, KY 41097
3A Entrance

ST. ELIZABETH DEARBORN
600 Wilson Creek Rd.
Lawrenceburg, IN 47025

Your colonoscopy is scheduled on: _____ Dr. _____

Arrival Time: _____ **DO NOT EAT OR DRINK (INCLUDING WATER) AFTER:** _____.

Scheduler's Name _____ (859) 331-6466

Keep these papers together; REVIEW ALL OF THEM AT LEAST 7 DAYS BEFORE THE PROCEDURE. Please complete all paperwork, including a current list of your medications, to avoid delays in the admission process.

The following instructions must be followed to ensure your procedure has optimal outcomes.

- **KEEP YOUR APPOINTMENT.** If for any reason, you are unable to keep your appointment, please notify us at (859) 331-6466 *within 72 hours* before your procedure.
- **You MUST have a responsible adult to drive you, who MUST remain at our facility the ENTIRE time. If not, the procedure will be canceled. You may go by taxi ONLY if you have a responsible adult with you. You may experience lightheadedness, dizziness, etc., therefore you should have a responsible adult remain with you until the morning after your procedure.**
- Bring your insurance card and driver's license. Call your insurance carrier to verify your benefits, and confirm that our facility is in your network, before the procedure date to ensure coverage
- Due to the safety and privacy of our patients, **only one visitor** is allowed in the recovery area after the procedure. **The center will not be responsible for lost valuables so please leave them at home.**
- If you have questions after beginning the prep, call 859-331-6466. If you call between the hours of 8:00 am- 5:00 pm, you will speak to a member of the office. For all calls after 5:00 pm, you will reach the nurse triage team.
- Hydration (body fluid) is the most important aspect of an effective and safe prep. If you are not drinking enough fluid, you may experience cramping, nausea, and dizziness.
- Common side effects of the prep are nausea, bloating, and shaking chills. If any of these occur, take a break from the prep (30 minutes to 1 hour) and then restart. If unable to complete it after that notify the Physician as your procedure may need to be cancelled.
- Do not leave home after starting the prep. Frequent, liquid stools may begin as soon as 15 minutes after the first bottle, although it could take up to 4 hours or longer for your first bowel movement.
- Even if your stools are clear and watery in appearance, **TAKE ALL OF THE PREP.**
- Using baby wipes and nonprescription ointments, such as Desitin, will help with the irritation caused by frequent loose stools.
- **Due to unforeseen schedule changes, you may be asked to move your appointment time to an earlier/later time slot.**

1. If you take diabetic medications (insulin/oral medication) -- reduce the amount by 1/2 the day before your procedure and hold the medication on the morning of the procedure. You may resume your medications once you begin eating again.
2. If you currently take Warfarin (Coumadin) Rivaroxaban (Xarelto) Apixaban (Eliquis), Clopidogrel (Plavix), or other blood thinners (excluding Aspirin 81mg) you should have received instructions regarding when to discontinue the medication if necessary. If you have not or do not clearly understand the instructions, please call the office as soon as possible for clarification. Hold thinner or _____ days.

7

DAYS PRIOR

Pick up and read over all prep instructions

- Stop fiber supplementations, multivitamins, fish oil, iron supplements, and avoid eating nuts and seeds.
- Stop all supplements
- Stop Aspirin 325mg
- Stop Phentermine (Adipex)
- Stop Benzphetamine (Regimex)
- Stop Diethylpropion (Tenuate) (Amfepramone)
- Stop Phentermine/tompiramate (Qsymia)
- Stop Dulaglutide (Trulicity)
- Stop Exenatide er (Bydureon BCise)
- Stop Semaglutide (Ozempic, Wegovy)
- Stop Tirzepatide (Mounjaro, Zepbound)

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DAY PRIOR

- Beginning with breakfast you will be on a clear liquid diet, **No Solid Food, No Red or Purple** You should complete 8 ounces of liquid each hour.

ALLOWED:

Soda pop	Popsicle	Water	Coffee (no creamer)
Ginger ale	Club soda	Hard Candy	Juice (pulp free)
Broth	Honey	Jello	Clear sports drinks
Tea			

NOT ALLOWED:

Alcohol (is dehydrating)	Milk or other dairy products	Meat	Vegetables
Breads	Fruits	Grains	
Cereal	Rice	Chunky soups	

1. **5 p.m. (the day prior)** - Take two 5 mg Dulcolax/Bisacodyl tablets with a full glass of water. Prepare your Golytely by adding water to the fill line and then refrigerate. Powder flavoring, like crystal light (not red or purple), may be added for flavor. Chilling the Golytely solution in the refrigerator and/or drinking the solution through a straw may make it easier to drink. (Do not add ice.)
2. **6 p.m. (the day prior)** – Take two 180mg Simethicone tablets (GasX). Next begin to drink the Golytely solution. Drink one 8 oz. glass every 15 minutes until you have finished 3/4th of the solution (about 12 glasses). You should complete the first 3/4th of the solution by 9 p.m. It is ok to take short breaks between glasses if you experience nausea or fullness. It is also ok if it takes you longer to finish the first phase. Restart when the symptoms improve. Refrigerate the remaining portion of the solution. Continue to drink 8 oz. of clear liquids an hour until bedtime to stay hydrated.

Some pharmacies do not carry 180mg Simethicone (Gas X). If your pharmacy does not carry 180mg it is okay to take 125mg instead

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DAYS PRIOR

- Stop Cilostazol (Pletal)

4

DAYS PRIOR

- Stop Entugliflozin (Steglatro)

3

DAYS PRIOR

- Stop Empagliflozin (Jardiance)
- Stop Empagliflozin-metformin (Synjardy)
- Stop Empagliflozin-linagliptin-metformin (Trijardy)
- Stop Canagliflozin (Invokana)
- Stop Dapagliflozin (Farxiga)
- Stop Dapagliflozin-metformin (Xigduo)
- Stop Jardiance-trajecta (Glyxambi)
- Stop Bexagliflozin (Brenzavvy)

DAY OF

1. 5 hours prior at _____ Take two 180mg Simethicone tablets (GasX), then finish drinking the last 1/4th of the solution (4 glasses), 8 oz. every 15 minutes until the prep is completely gone.
2. You must finish the remaining solution no later than 4 hours before your procedure time.
3. Unless advised otherwise by the hospital you may take your blood pressure, heart, thyroid, pain, anxiety, depression, Parkinson's, and seizure medications early the morning of the procedure with sips of water if you normally take these medications in the morning. All other medications should be held until after the procedure.
4. Bring prescription inhalers with you