

Notify our office if you have had an orthopaedic joint replacement or artificial heart valve within the last 6 months; an implanted cardiac defibrillator; history of heart failure or kidney disease; Rheumatic Fever or Diabetes.

**COLORECTAL SURGICAL ASSOCIATES, P.S.C.**  
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[www.colorectalsurgical.com](http://www.colorectalsurgical.com)

Procedure: **COLONOSCOPY** or **BARIUM ENEMA**

Prep: **Fleet Phospho-soda**

**PLEASE READ CAREFULLY – Do not exceed recommended dosage as serious side effects may occur.**

A **BARIUM ENEMA** is an x-ray of the colon after barium is introduced through a catheter placed in the rectum. This is done in an x-ray department at the hospital and not in our office.

A **COLONOSCOPY** is an outpatient surgical procedure, usually done with sedation, but always in a hospital/out-patient setting. The colonoscope is a flexible instrument through which the doctor can see the lining of the colon. This instrument is introduced through the rectum and usually passed through the entire length of the colon. Abnormal findings can be biopsied or removed. **Because you are sedated, you will need someone to drive you home afterwards, and they may not leave the facility.**

**BOWEL PREPARATION:**

- Four (4) days before your procedure eat a **low residue diet** (containing no popcorn, seeds, husks, skins and pulp).
- On \_\_\_\_\_ (one day before the exam), eat **NO** food. You may have **only CLEAR liquids** such as 7-Up, Sprite, Club Soda and water. You may have coffee and/or tea. No solid foods, milk or milk products. Purchase 2 bottles (1 ½ oz. ea.) or 1 bottle (3 oz. and divided in half) of Fleet Phospho-soda (ginger lemon or unflavored), available over-the-counter. Drink **each bottle** six (6) hours apart or drink as directed below (and drink 2-3 glasses of clear liquid after each bottle of Fleet Phospho-soda):
  - \_\_\_\_ Out-of-town patients – drink one bottle at 12 noon and one bottle at 6:00 p.m.
  - \_\_\_\_ Local or out-of-town patients (if scheduled before 11:00 a.m.) – drink one bottle at 6:00 a.m. and one bottle at 6 p.m.
  - \_\_\_\_ Local patients (if scheduled after 11:00 a.m.) – drink one bottle at 6 p.m. (day before procedure) and drink one bottle at 6 a.m. (day of procedure).
- On \_\_\_\_\_ (one night before exam) take one (1) Dulcolax tablet (at bedtime).

**ABSOLUTELY NO FOODS ALLOWED THE DAY BEFORE YOUR PROCEDURE, NOT EVEN BREAKFAST, OTHERWISE YOUR PROCEDURE WILL BE CANCELLED!**

- You may eat clear chicken broth or bouillon and clear jello – CLEAR ONLY – nothing with red or blue dye.
- Please take any prescribed medications the day before your procedure and even the morning of your procedure. Take nothing by mouth after midnight before your procedure except sips of water with your regular medications. You should go ahead and brush your teeth the morning of your procedure.
- No aspirin, Motrin (Ibuprofen) or blood-thinning products (Plavix, Coumadin, Lovenox, Ticlid) should be taken preferably 10 days before a colonoscopy. You may take tylenol, acetaminophen and Aleve. Contact your doctor or cardiologist for the safest length of time to be off your medications.
- You will need a driver the day of your procedure.
- Bring your insurance card(s) and medication list the morning of your procedure.
- You may continue to take heart medications and seizure medications.
- Inform us immediately if you are on COUMADIN or take any heart medications or have an artificial heart valve.
- No iron pills or Metamucil for 48 hours before a colonoscopy.
- No weight loss drugs, including phenteramine at least 2 weeks prior to colonoscopy.
- Eliminate Olestra (found in no-fat potato chips) from diet for at least 1 week.

**You will need to be at the hospital or out-patient facility at least one hour before your procedure.**

Name: \_\_\_\_\_ Doctor: \_\_\_\_\_  
Be at the hospital: \_\_\_\_\_ Procedure: \_\_\_\_\_  
Name of hospital: \_\_\_\_\_ Date: \_\_\_\_\_ Time: \_\_\_\_\_

Note to patients: Our physicians have a financial interest in Medical Heights Surgery Center and CSA Endoscopy Center

**If you have not received your test results within two weeks, please contact our office.**