

Notify our office if you have had an orthopaedic joint replacement or artificial heart valve in the last 6 months.

**COLORECTAL SURGICAL ASSOCIATES, P.S.C.**  
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Procedure: **COLONOSCOPY** or **BARIUM ENEMA** Prep: **SODIUM PHOSPHATE TABLETS**

**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 – YOU MAY NOT DRIVE OR TAKE A TAXI CAB. Your driver must remain at the facility.**

## **BOWEL PREPARATION:**

On \_\_\_\_\_ (one day before the exam), eat **NO** food. You may have only crystal CLEAR liquids such as 7-Up, Sprite, Club Soda and water. You may have coffee and tea. Solid foods, milk or milk products are not allowed. Eat **NO** food the day of your procedure.

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

Tablet check-off chart – For each of your two dosing regimens record the Visicol Tablets you have taken using the two charts below. Begin by recording the Start Date and Start Time of Dose 1. After swallowing the last tablet for each dose, check off the corresponding box for that dose. Be sure a clock is nearby.

### #1 First Dosing Regimen (total 20 tablets)

Date \_\_\_\_\_ Time \_\_\_\_\_ Dosage Check-off

Dose 1 Start Time \_\_\_\_\_ 4 tablets   
+ 8 oz clear liquid

Dose 2 + 15 mins \_\_\_\_\_ 4 tablets   
+ 8 oz clear liquid

Dose 3 + 15 mins \_\_\_\_\_ 4 tablets   
+ 8 oz clear liquid

Dose 4 + 15 mins \_\_\_\_\_ 4 tablets   
+ 8 oz clear liquid

Dose 5 + 15 mins \_\_\_\_\_ 4 tablets   
+ 8 oz GINGERALE

### #2 Second Dosing Regimen (total 8 tablets)

Date \_\_\_\_\_ Time \_\_\_\_\_ Dosage Check-off

Dose 1 Start Time \_\_\_\_\_ 4 tablets   
+ 8 oz clear liquid

Dose 2 + 15 mins \_\_\_\_\_ 4 tablets   
+ 8 oz GINGERALE

NOTE: Be sure to complete your prescribed dosing regimen as directed. Wait at least 15 minutes between each dose. Do not take Visicol tablets within 7 days of a previous administration. It is recommended that you NOT take additional laxatives or any product containing sodium phosphate while taking Visicol tablets

- Please take any prescribed medications the day before your procedure and even the morning of your procedure. Take nothing by mouth after midnight except for your regular medications on the day of the procedure with sips of water. 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.
- 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.
- 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.**