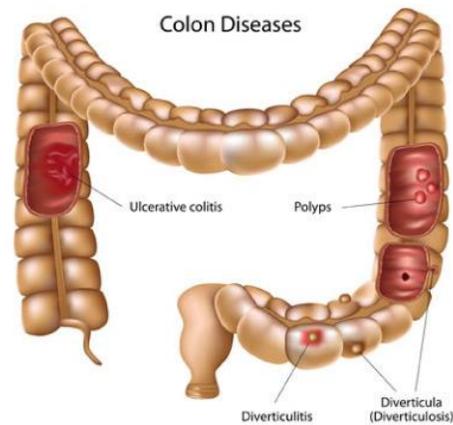


Colonoscopy Preparation

Atlantic Endoscopy Center



Appointment information

Location: Atlantic Endoscopy Center, Barrett Medical Building
10231 Old Ocean City Blvd, **Suite 205 2nd floor**
Berlin, MD 21811

Phone: 410-629-6814 (Nurse)
Front desk: 410-629-6800

Please contact **Dr. Bell** or **Dr. Klepper**
at their office to cancel or change your
appointment.
410-629-1450

Bring with you:

Driver, medication list, inhalers, insurance cards, driver's license or ID, extra clothing, snacks for after exam.

- ❖ You must have someone physically here to drive you home and stay with you after your procedure. If you plan on using public transportation, you must bring someone who can accompany you home and stay with you after the procedure. **If you do not have someone, the procedure will not be performed.**



Arrive (one hour prior to scheduled exam time)

Expected discharge **about** 2 hours *after arrival time*

- ❖ Please understand that **emergencies may arise**. We will do our best to keep you and your driver updated should this occur.
- ❖ Please **keep your schedule open of other appointments and obligations** (working, children on the bus)

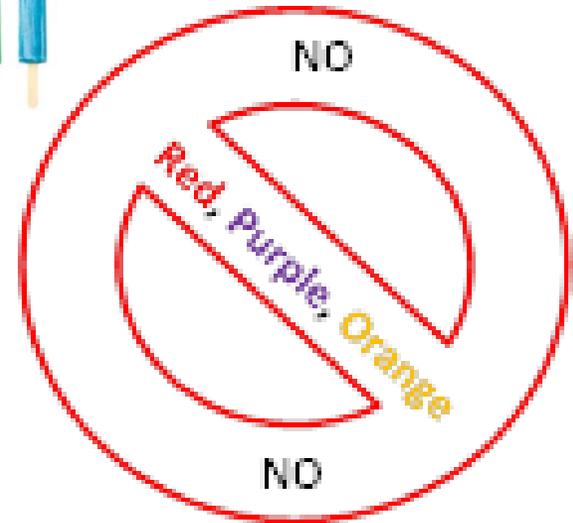
Shopping list

Clear liquids: Are liquids at room temperature that you can see light shining through. Examples include:

Sports drinks (Gatorade, Poweraid), water, soda, black coffee or tea, ice pops, Italian ice, jello, bouillon, broth, fruit juices without pulp



BLACK COFFEE



Comfort items

Things you may like to have to make preparation more tolerable...

- ❖ Baby wipes
- ❖ Protective ointment (A&D ointment, Vaseline, desitin)
- ❖ Tucks pads
- ❖ Disposable underwear



7 days before your exam...

- Make a list of all of your medications and supplements. Make sure you are clear on which ones you can take and what you need to stop. Please contact your doctor if you have any questions.
- **STOP** taking fiber supplements: Metamucil, Citrucel, Fibercon, etc.
- **STOP** taking multi-vitamins, supplements, vitamin E, fish oil, iron pills, Non-Steroidal Anti-inflammatory medicines (NSAIDs include: Aleve, Naproxen, Motrin, Advil, Ibuprofen, Celebrex) You may take Tylenol (acetaminophen) if needed for pain. Please speak with your family doctor for a substitute pain medication if Tylenol is not helpful.



- **IF YOU TAKE ASPIRIN OR OTHER BLOOD THINNERS**
- (**Coumadin** (warfarin), **Plavix** (clopidogrel) **Pradaxa** (dabigatran etexilate), **Effient** (prasugrel), **Pletal** (cilostazol), **Aggrenox** (Aspirin with dipyridamole, **Xarelto** (rivaroxaban) or others:
- You **MAY** need to stop these prior to your exam to prevent bleeding. **PLEASE CHECK** with your cardiologist or prescribing doctor prior to stopping these medications.
- ❖ **Please DO NOT stop all of your medications! Only stop what your doctor tells you to stop.**

2 days before your exam

Start a low residue diet (low fiber). This will decrease cramping during the prep process and make it easier for the doctor to view your colon during the exam.

- **Allowed:** Soup, chicken, eggs, white rice, bread, crackers, plain yogurt (no fruit), pasta, potato without skin, well cooked vegetables or fruit, gelatin, broth, bouillon, all liquids.
- **Avoid:** Fresh and dried fruit, raw vegetables, raisins, nuts, seeds, cloves, red meat, popcorn.



1 day before exam-Prep day

- You may have **CLEAR LIQUIDS THIS ENTIRE DAY**. You may *not have anything solid* to eat all day.
- It is very important to stay hydrated today and while taking the prep. Signs of dehydration include headache, nausea, fatigue, feeling thirsty, urine that is dark (urine should be clear to light yellow)
- Please drink at least (8) 8 oz glasses of clear liquid before starting the prep.



Allowed: Sports drinks, water, soda, black coffee or tea, ice pops, Italian ice, jello, bouillon, broth, fruit juices without pulp. You may have clear, blue, yellow and green colored liquids.

Not allowed: No solid foods, milk or milk products, items with red dye (red, orange, or purple in color)

Tips to get through the prep...

- Use baby wipes instead of toilet paper
- Apply ointment to the anal area before starting the prep and reapply as needed
- If you develop nausea or vomiting: take a break from drinking the solution for about 30 minutes. Walk around to help with bloating. Resume drinking the solution when you feel better and drink it slower. It is important to drink all of the solution and keep it down. It can't work if you throw it up.
- If you develop nausea during the first dose, consider starting the second dose 1-2 hours early, so you have time to drink it slowly.
- You may use a straw, rinse your mouth with mouthwash, suck cough drops with menthol, suck on a lemon or lime, or drink other clear liquids to help with the taste.



Prep time!

Begin your 1st dose of prep according to your doctor's instructions

- The prep may start to work quickly (within 30 minutes) or may take several hours to start.
- Continue drinking clear liquids until your next dose of prep

Click below to go to the manufacturer's website for general instructions, videos, and coupons

Do not take medications for one hour prior to taking your prep and for two hours after finishing the solution, unless your doctor instructed you to do this. *You may not absorb medications taken during this time.*



Magnesium Citrate and Dulcolax, please refer to your doctors instructions if using this prep



2nd dose of prep

Begin your 2nd dose of prep according to your doctor's instructions

Timing of the second dose

- You want to be finished the 2nd dose about 5 hours before your arrival time. Consider beginning earlier (1-2 hours) if you have a long drive or it took a long time before the first dose started to work.

Example: Your test is at 8am, you arrive at 7am, finish your prep by 2am, may drink until 3am.

- You may continue to **drink clear liquids until 4 hours before you arrive.**
- For 4 hours prior to your arrival, you **may not have anything at all by mouth** (no gum, hard candy, ice chips, water) *except* a small sip of water to take any required medications and a small sip to brush your teeth.
- Anesthesia may **delay or cancel your case** if you do not follow these instructions.

- If you are **not sure of the time** you need to take your prep or arrive at the Endoscopy Center, please ask the nurse when she calls you ahead of the procedure.
- If you don't hear from a nurse 1-2 days prior to your exam, you may contact them at **410-629-6814**

Do not take medications for one hour prior to taking your prep and for two hours after finishing the solution, unless your doctor instructed you to do this. *You may not absorb medications taken during this time.*

Why do I need to prep?

Bowelprepguide.com

How do I know I'm cleaned out?

- By the time you are finished, your stools should be clear or yellow liquid like water or lemonade.
- There should be very little, if any solid stool or debris left at this point

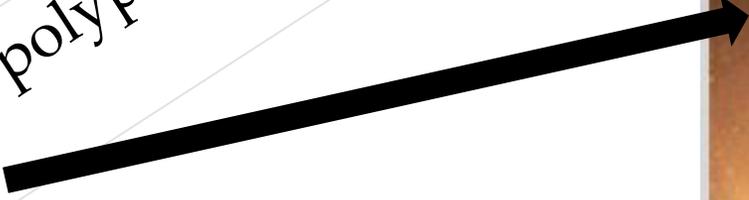
Risks associated with a poor prep:

- ❖ Missing a polyp or growth in the colon
- ❖ Having to repeat the exam sooner (and repeat the prep, get a ride, take off from work, pay another copay...)
- ❖ Being under anesthesia for a longer time
- ❖ Increase the risk of complications such as a perforation or tear in the lining of the colon
- ❖ **Please call your doctor at 410-629-1450 to get the doctor on call (or the endoscopy center at 410-629-6800 after 6:45 am) if you have any questions or concerns about your prep.**

Bowel Preparation Readiness Chart

| Stool Color | Description | Readiness |
|---|----------------------------|--------------|
|  | Dark, thick, particles | NOT READY |
|  | Brown, thick, particles | NOT READY |
|  | Dark orange, semi-clear | NOT READY |
|  | Light orange, mostly clear | ALMOST READY |
|  | Yellow, light, clear | READY |

Because polyps are hard to see



Adequate Preparation:



Inadequate Preparation:



Special Situations:

If you are on Coumadin or dialysis:

- If you have been told to get **blood work** the day prior or the morning of your procedure, please get this done before coming to the center.
- If you use a lab other than AGH, please have them fax your results to **410-629-6850**.



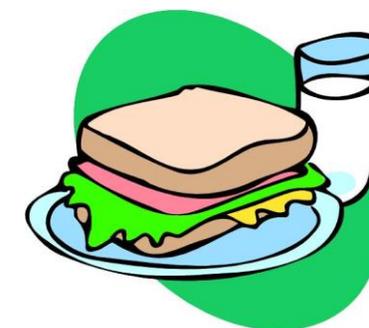
Diabetics

- Please monitor your blood sugar! (and take it the morning of your procedure)
- Have clear fluids on hand that have sugar in them, in case your levels drop (No orange juice!)
- Try using “G2” the lower sugar form of Gatorade during your prep
- If you take insulin: Please consult your prescribing doctor if you need a sliding scale to manage your blood sugar during the prep process.
- Do not take any blood sugar pills the morning of your procedure (unless instructed otherwise by your doctor)



After the exam

- You must have someone physically here to drive you home and stay with you after your procedure. If you plan on using public transportation, you must bring someone who can accompany you home and stay with you after the procedure. **If you do not have someone, the procedure will not be performed.**
- You may not drive, work, care for young children, drink alcohol, make any important decisions until the next day.
- You can eat normal foods as soon as you leave (there is a chance of still having diarrhea after the colon prep. Low fat or lite foods are better choices.
- Drink plenty of liquids. The prep process prevents you from absorbing fluids. Signs of dehydration include headache, nausea, fatigue, feeling thirsty, urine that is dark (urine should be clear to light yellow)
- Plan to stay at home and rest the remainder of the day.



Some helpful web tips:

- The following website has some good, generalized recommendations
- Please follow your Doctors specific instructions.
- The prep may include instructions, but the doctor personalizes them for you and your conditions (Diabetes, constipation, kidney disease, age, previous surgeries, medications, etc.)

 **BowelPrepGuide**
Your guide to excellent bowel prep.

Follow up is always at the physicians **office**, not the Endoscopy center.

- Most colonoscopy's are preformed to screen for colon cancer. The doctor may or may not need a follow up appointment, depending upon findings during the exam.
- If you have been having a problem, there will most likely be a follow up in 2-6 weeks to review test results and treatment plan.
- If you can't make your appointment, please call the office to reschedule.
- Dr. Bell and Klepper's office number is 410-629-1450

Contact information

Dr.'s Bell and Klepper: 410-629-1450

Atlantic Endoscopy Center, mainline: 410-629-6800

Atlantic Endoscopy Center, nurse line: 410-629-6814

If you have not heard from one of the nurses and it's less than two days until your procedure, please call the center to confirm your appointment.

