

***\*Please follow the instructions by Dr. Quan's office and not on the prep kit\****

**\*\*PLEASE BRING BACK OR SIGN THE DRIVER'S CONSENT FORM!!!\***

## **Colonoscopy Procedure Instructions**

### **Procedure Arrival Time and Location:**

**Prep to be used: Clenpiq, MoviPrep, Plenvu, Suprep, Sutab, or**

**Please do not arrive earlier than your check-in time to reduce your waiting time!**

**Please note the location of the procedure(s) will be in one of the specified offices**

**Denton Office—3313 Unicorn Lake Blvd Suite 152, Denton, TX 76210 (940) 898-8245**

**Plano Office—3012 Communications Pkwy Suite 200, Plano, TX 75093 (972) 479-5270**

**\*\*\*YOUR DRIVER CAN STAY IN THE CAR OR STAY IN THE OFFICE! BUT PLEASE MAKE SURE YOUR DRIVER WILL BE AVAILABLE AS SOON AS THE PROCEDURE IS DONE!**

### **DAY BEFORE THE PROCEDURE AT HOME ON**

**On    SUN    M    TU    W    TH    FRI    SAT of the Week**

- **NO VEGETABLES ALL DAY LONG!!**
- **Breakfast: Regular Diet —NO VEGETABLES!**
- **Lunch: Full Liquid Diet:** (Ice Cream, Milk, Protein Shake, Smoothie, and Yogurt);
- **Dinner/All Day: CLEAR LIQUID DIET IS OK:**
  - Apple Juice, Coffee, Gatorade, Lemonade, Soda, and Tea
  - Beef, Chicken, or Veggie **BROTH**

Please take the prep for an extra day **ONLY if you have severe constipation**

On day 1, no need to change diet, just drink prep as much as you need to have a BM, then follow the instructions the next day.

- **Preferably between 2-6 PM or any time in the evening before the procedure, you will drink the first half of the Prep from the kit.**



Pour 1 bottle of prep into the empty cup provided



Fill the rest of the cup up with cold ice water to the fill line, **YOU CAN ONLY MIX**



Use a straw, put it to the back of your tongue & drink all of the liquid.



Use the same cup, and drink 2 more cups of plain water (32 oz total)

**\*\*The prep will start working about a half an hour after drinking it and can last for 2-3 hours\*\***

### **DAY OF THE PROCEDURE AT HOME ON**

**On    SUN    M    TU    W    TH    FRI    SAT of the week**

- At (5:00) AM (4 hours before your arrival time) you will drink the second bottle of prep and 2 cups of water. At (7:00) AM **you will stop all liquids 2 hours before the procedure. You will be able to eat and drink AFTER your procedure.**

## ADVANCE DIRECTIVE FOR HEALTHCARE

*(Separate detailed information about this directive is available upon request)*

I, [Patient->First Name] [Patient->Last Name], hereby instate the undersigned as my medical power of attorney for the duration of the procedure that I am consenting to today. I understand that after I come out of sedation. I will not be able to drive myself home, make health care decisions for myself, or have the ability to respond and give direction in an emergency and that my medical proxy will have full permission to make those decisions for me. Dr. Quan will be speaking to my medical proxy after my procedure in regards to his impressions, and if I have any further questions because I may not remember any details of the discussion, then I will need to make a follow up appointment to have my concerns addressed. I understand that the staff members at North Texas Triangle Gastroenterology can read my results verbatim from the operative report, but cannot give me interpretations or medical suggestions based on the information that is provided. With the driver's signature, the driver accepts responsibility to take the patient safely home without allowing the patient to drive themselves.

**Driver's Name:** X \_\_\_\_\_

**Driver's Signature:** X \_\_\_\_\_

**Driver's Phone #:** X \_\_\_\_\_

**Dr. Quan is allowed to speak with the driver(s) regarding the results of the procedure unless specified otherwise.**

**Dr. Quan is NOT allowed to speak with the driver(s) regarding the results of the procedure.** ☐

X \_\_\_\_\_

**On**

**Patient/ Legal Guardian Signature**

**Time and Location of the Procedure(s)**

X \_\_\_\_\_

**Legal Guardian Name (if applicable)**

**Witness (Office Staff):**

## **Routine Medication Instructions**

On the morning of your procedure, please TAKE your regular medications **with a small sip of water at least TWO hours before your arrival time.**

**If you are taking any pain medications, please be sure to take them TWO hours prior to coming in for your procedure with small sips of water!**

### **STOP THE MEDICATIONS LISTED BELOW 3 to 5 DAYS BEFORE YOUR PROCEDURE**

**Blood thinners to hold for 3 days:** Eliquis, Pradaxa, Xarelto, Savaysa and Arixtra

**Blood thinners to hold for 5 days:** Coumadin or Warfarin, Effient, Plavix, Aggrenox, Persantine, Dipyridamole, Ticlid, and Aggrostat.

**Please hold non-steroidal anti-inflammatory drugs (NSAID'S) for 7 days:** Advil, Motrin, Ibuprofen, Aleve, Excedrin, BC powders, Anacin, Daypro, Bextra, Naproxen, Celebrex, Relafen, Mobic, Volatren, Lodine, Ultram, Vitamin E, and Omega 3 (Fish Oil).

**Baby Aspirin is OK to continue taking if essential!**

Please inform the prescribing doctor that you will be stopping these medications.

**If you are taking a prescription that is not listed above, please continue to take it as directed!**

**If a big polyp (more than 15 mm in size) is removed during the procedure, then you need to hold ALL and ANY of the above blood thinners for 2 weeks to reduce the chance of bleeding (1 in 1,000).**

## **DIABETIC PATIENTS:**

If you take insulin injections in the morning, only take **half** of your normal dose.

If you take sugar pills, **do not** take your morning dose. Please check your blood sugar on the morning of the procedure. Please ignore it if it is a little high, but please ignore the above instructions and drink some apple juice or something similar if the sugar is low.

**If you need to re-schedule or cancel your procedure, you must call at least 48 hours prior to the appointment!**

**More Information & Hemorrhoid Banding:**

- Your arrival time will be the time you arrive to our office to check in for your procedure, it is not when the procedure will start.
- Please note, you are here for a procedure. You can expect to be in our office for 1-2 hours or more depending on the findings (polyp removal can be difficult and time consuming).
- Please take into consideration that there will be other procedures scheduled, we can only estimate how long a procedure will take, if other procedures take longer than expected, that will put all procedures behind for the day and we apologize in advance but appreciate your understanding.
- We will call you before your procedure with the quote from your insurance company for the amount that will be due on the day of the procedure. The amount will not be final until your insurance company finalizes your claim. This will only be an estimate.
- If you have not signed your procedure/anesthesia consent forms during your office visit before the procedure, please take time to read through all of your consent forms, sign them and bring them back with you to your procedure appointment, this will speed up your check in process.
- **You are REQUIRED to bring a driver with you to your procedure. Your driver has to stay nearby at your car or at our office, please make arrangements ahead of time to accommodate for this. If there is no driver present, we will not proceed with the procedure.**
- With any procedure, you may experience bloating and/or gas pains after the procedure. This is common, the only way to relieve the pain, is to pass the gas. Some people are more sensitive to the bloating and/or gas pains and it may seem more severe until you pass the gas. You may take Tylenol when you get home, but it is not very effective. You will need to release the air!!
- If you are having a colonoscopy, you will have the option of getting Internal Hemorrhoids fixed. It is NOT a surgery, there is no cutting, no pain, no recovery time. Dr. Quan will put a rubber band around the hemorrhoid(s) and it will fall off with 1-2 days. You may have some discomfort and a little bleeding occasionally.

