

Some Reminders

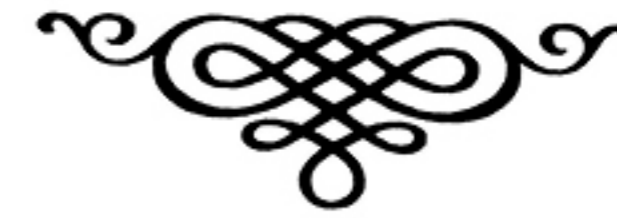
1. You will need someone to drive you home after the procedure.
2. No nail polish on either pointing finger, for the purpose of monitoring oxygen level during procedure.
3. Please remember to bring the following:

- ◆ Current Insurance Card and ID
- ◆ Co-Pay
- ◆ List of Medications
- ◆ These orders

YOUR PROCEDURE WILL BE DONE AT THE FOLLOWING FACILITY:

- LOHMAN ENDOSCOPY CENTER**
4381 E. LOHMAN AVE, STE A
LAS CRUCES, NM 88011 575-522-3220
- MEMORIAL MEDICAL CENTER**
2450 S. TELSHOR BLVD
LAS CRUCES, NM 88011 575-522-8641
- MT. VIEW REGIONAL MEDICAL CENTER**
4311 E. LOHMAN AVE.
LAS CRUCES, NM 88011 575-556-7600
- MT. VIEW SURGERY CENTER**
4351 E. LOHMAN AVE, STE 102
LAS CRUCES, NM 88011 575-532-3305

COLONOSCOPY (Lytely AM)



Prasad V. Podila, M.D.

Patient Name: _____

Date of Procedure: _____

Arrival Time: _____ Procedure Time: _____

RESCHEDULING PROCEDURES

As a courtesy please notify our office at least 2-3 days if you need to cancel or reschedule your procedure. We understand some circumstances are emergent or inevitable; however, we do have a waiting list for patients that need to come in sooner. Your timely notification will allow us to accommodate someone else. Please call our office if you have any questions (575-522-7697).

THANK YOU!

Colonoscopy is a very safe procedure. Even so, as with any diagnostic procedure, there are minimal risks. These include perforation, hemorrhage, infection or side effects from the sedatives.

How to prepare for the Colonoscopy

Medication you should avoid before your procedure:

7 days before avoid:

- Plavix (Clopidogrel Bisulfate)
- Effient (Prasugrel)
- Brilinta

4 days before avoid:

- Coumadin, Aggrenox, Ticlid, Pradaxa, Xarelto
- Aspirin, and all medications that contain it.
- Ibuprofen, Aleve, Naproxen and all NSAID medication

No fruits or vegetables two (2) days before your procedure. (Including Corn)

Day before your Colonoscopy:

Eat a regular breakfast

Lunch (liquids only)

You may only have clear liquids for dinner, such as:

- Broth
- Bouillon
- Jell-O (avoid colors listed below)
- Kool-Aid
- Popsicles
- Apple Juice
- Coffee (black only)
- Tea
- 7-UP or Sprite

Do not drink any liquids with Orange, Red, Purple or Green coloring (Yellow and Clear Lime is allowed)

Laxative Instructions

Please follow all the instructions carefully and finish all of the preparation. Only a well-prepared colon will enable us to find all potential abnormalities and will also make the procedure safer.

(This applies for appointments after 11:00 am)

Day before the Colonoscopy

- *Take 2 Dulcolax (bisacodyl) tablets at 12 noon—no prescription needed
- *Insulin (½ dose the evening before)

Prescription Given for:

- **MOVIPREP—if insurance doesn't cover, then...**
- **GoLytely**

YOU MUST DRINK ½ THE LAXATIVE BETWEEN 4:00–6:00pm

- Drink it slowly, not too fast
- Prepare it the day before and refrigerate it

Day of the Colonoscopy

DRINK REMAINING ½ LAXATIVE BETWEEN 6:00–8:00am

*Must be on an empty stomach (You may have water up to 5 hours prior)

The day of the exam take the following medications only:

- Blood pressure medication
- Any anti-seizure medication
- If you are on Insulin, bring it with you
- Heart medication