

Hernando Gastroenterology Associates

Christopher Packey M.D., Ph.D.

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Diplomate American Board of Internal Medicine and Gastroenterology

"Competent care with compassion"

12190 Cortez Blvd, Brooksville, FL 34613-5528

Phone (352) 597-1206 Fax (352) 597-1208

Website: www.myhga.com

COLONOSCOPY PREPARATION INSTRUCTIONS

PEG 3350/TRILYTE/COLYTE/NULYTELY

ONE WEEK BEFORE PROCEDURE:

Stop taking iron supplements, fish oil, and vitamins containing iron and any **diet/diabetic injectables (ex: Mounjaro, Ozempic).**

TWO DAYS BEFORE PROCEDURE:

Do not eat cabbage, corn, beans, lettuce, seeds or nuts. Stop taking bulk forming agents such as Metamucil, Fibercon, Konsyl and Colon Care Capsules.

ONE DAY BEFORE PROCEDURE:

You may eat a light breakfast (es: eggs, toast, coffee) – After breakfast you may have clear liquids only. (see list of allowed liquids)

*******AFTER BREAKFAST: NO SOLID FOOD, ALCOHOL, DAIRY PRODUCTS OR SUBSTITUTES. NO LIQUID W/PULP OR PURPLE OR RED COLOR *******

LIQUIDS ALLOWED:

Regular coffee or tea, any clear carbonated beverages (ex: sprite, 7up), Sports drinks (no red or purple) fruit juices (ex: apple, cranberry, grape, cranapple (red cranberry is ok), Jell-O (no red or fruit or vegetables) Popsicles (plain not creamy or fruit added no red) broth or bouillon.

Fill Bowel prep container with water and refrigerate approx. 2 hours prior to starting prep.

4:00-6:00 p.m. *drink 8oz of prep solution every 15 minutes until approximately ½ to ¾ of solution is consumed. Place remainder of solution in refrigerator. You may consume clear liquids until retiring for the night.**

DAY OF COLONOSCOPY:

NO SOLID FOOD OR ALCOHOL

*****Beginning 5 hours before your scheduled procedure time, drink the remaining bowel prep solution. Drink 8 oz of the solution every 15 minutes until the remainder of solution is consumed.*****

You may continue to drink clear liquids until 3 hours before your scheduled procedure time.

Take only heart medications (excluding Plavix, Coumadin, Eliquis, and Pradaxa), blood pressure medications and medications for lung problems on the day of the exam with a sip of water. All other medications should not be taken until after the procedure.

*******Prescribed blood thinning medications need to be DISCONTINUED_____days prior to procedure unless otherwise instructed (ex: warfarin, Coumadin, Pradaxa, and Xarelto)*******

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*****DIABETICS take HALF your normal dose the day before your procedure and NONE the day of the Procedure.

If you are unsure about taking any medication in conjunction with your procedure, please do not hesitate to call our office.

You MUST have a driver for the procedure. You MAY NOT drive yourself.

DO NOT complete the bowel prep the day before the procedure. Please drink the remaining dose on the day of the procedure. This will clean out the colon much better than drinking all the prep the day before. DO NOT follow the package instructions – use our instructions.

****If you have trouble drinking at the pace of every 15 minutes, please slow down to every 30-60 minutes. It is counter-productive if you throw up the solution. It is not a race. The goal is to drink all of the solution so it can do its job

TIPS FOR IMPROVED BOWEL PREP:

***Bowel prep solutions taste best well-chilled

***You may add Crystal light (no red) or tea to mask the taste

***Drink the whole dose quickly rather than sipping small amounts.

***If lukewarm liquids are preferred, remove the dose from refrigerator 15-30 minutes before drinking.

***Rinse mouth with water, clear soda, or mouthwash after drinking

***Suck on hard candy or lollipops (no red or purple). Suck on lemon to reduce nauseous feeling/

TIPS TO AVOID A SORE BOTTOM FROM FREQUENT BOWEL MOVEMENTS

***Apply diaper rash cream liberally after each trip to bathroom

***Avoid rubbing: gently pat area with wet washcloth or pre-moistened wipe or rinse with water

***Wipe with refrigerated Tucks or Fleet relief pads (available over the counter)

Please arrive at HGA Endoscopy Center suite 12206 in the 2 story building (Next to our office).

12206 Cortez Blvd

Brooksville, FL 34613

Tel 352-597-1206

DATE OF PROCEDURE _____

ARRIVAL TIME _____ PROCEDURE TIME _____

PATIENT SIGNATURE _____

WITNESS SIGNATURE _____

You will be charged a non-refundable fee of \$150.00 if you do not cancel 72 hours prior to your procedure.