



Patient Name: \_\_\_\_\_  
Physician: \_\_\_\_\_  
Procedure Date: \_\_\_\_\_ Time: \_\_\_\_\_  
Arrival Time: \_\_\_\_\_

You are scheduled at:

- ☐ Abrazo West Campus, 13677 W. McDowell Rd.  
Goodyear, AZ 623-882-1850
- ☐ AZ West Endoscopy Center, 1850 N. 95<sup>th</sup> Ave. Ste. 190  
Phoenix, AZ 623-594-4060
- ☐ Banner Estrella Surgery Center, 9301 W. Thomas Rd.  
Phoenix, AZ 623-388-5700
- ☐ St. Joseph's Westgate Medical Center, 7300 N. 99<sup>th</sup> Ave.  
Glendale, AZ 602-406-3000
- ☐ Surgical Elite, 10815 W. McDowell Road Ste. #101  
Avondale, AZ 623-433-0110

#### **Preparing for your Colonoscopy**

*Please read these instructions in their entirety when you receive them. Please call us with ANY questions. If the instructions are not followed we may not be able to do your procedure.*

#### **Clearance:**

- ☐ If this box is checked you will need a \_\_\_\_\_ clearance for your procedure. It is YOUR responsibility to follow up with your doctor(s) for this. We will fax your doctor requesting the clearance as a courtesy to you. If we do not receive your clearance one week before your procedure you may be rescheduled.

#### **Medications:**

- Please let us know IMMEDIATELY if you take any blood thinning medication such as Coumadin (Warfarin), Xarelto, Pradaxa, Eliquis, or Effient. We have to take special precautions for these medications.
- Please stop taking iron medicine or vitamins with iron 10 days prior to your exam.
- If you have diabetes, please read the attached special directions. Check your blood sugar prior to your exam check in time and please bring your glucometer with you to your procedure.
- If you have a pacemaker or internal cardiac defibrillator please let us know IMMEDIATELY!

Please bring a current copy of your advanced directive (ie: living will or medical power of attorney) to place in your medical record unless you have recently done so.

#### **Please remember:**

- During the exam you will receive intravenous (IV) medicine to sedate you. For the first 24 hours you may have the following: lapses of memory; slowed reaction time; impaired judgment. Therefore the following will is necessary for your safety:
  - ***Your exam WILL NOT be done unless you have a responsible adult accompany you home and be available to report any unexpected medical problems.***
  - You are not allowed to take a taxi home unless you have a responsible adult with you.
  - You may not drive motorized vehicles or equipment for 24 hours.
  - Do not drink alcohol for 24 hours.
  - Rest for the remainder of the day.
  - Do not return to work.
  - Do not assume responsibility for young children or anyone dependent on your care.
  - Avoid making important decisions or signing legal documents.
  - Do not travel by airplane for 7-10 days after your procedure.
  - Please remove and leave all jewelry at home.

#### **General Prep Instructions:**

- You will need a prescription for a preparation solution to clean your colon. This is sent electronically to your pharmacy the day you schedule your procedure. Please pick up your prep as soon as possible and let us know if there are any problems in getting your prep.
- **ONE WEEK BEFORE YOUR EXAM (7 DAYS):**
  - No Aspirin, Plavix, Trental, Aggrenox, Vitamin E, fish oil, or NSAIDs (non-steroidal anti-inflammatory drugs). For a full list please see page 3 of the prep form.
  - **Please do not stop any prescription medications without the permission of your provider that prescribed them.**
  - No illegal drugs (including Marijuana) for 7 days prior to your procedure. Use of illegal, non-prescribed drugs (including Marijuana) could cause adverse side effects during your procedure.
  - No Alcohol for 2 days prior to the procedure.
- Bowel cleansing will be improved if you avoid eating lettuce, grains, berries, seeds and vegetables 5 days before taking the bowel preparation.
- Your prep will be "split dosing" meaning you will take half at one time and the other half at a later time.
- Please follow the prep instructions we give you and NOT the ones from the pharmacy.
- You may mix your prep in the morning and put it in the refrigerator the day you will be drinking it.
- Crystal light Lemonade powder can be added for flavor.

**The Day BEFORE the procedure:**

- You should have no solid food; **No Milk or Milk Products**
- You should drink only clear liquids (Liquids that you can see through like apple or white grape juice, soda, water, coffee, tea, broth). You can also have jello and popsicles but nothing that is RED or PURPLE.
- You should drink ample amounts of clear liquids all day up until 6 hours before your check in time. **YOU MAY NOT HAVE ANYTHING BY MOUTH 6 HOURS BEFORE YOUR CHECK IN TIME!!!**

**AM PREP INSTRUCTIONS:**

- *If your colonoscopy is scheduled in the AM hours you will drink half of your prep at 4:00PM and the other half at 10:00PM the day before your procedure*

**PM PREP INSTRUCTIONS:**

- *If your colonoscopy is scheduled in the PM hours you will drink half of your prep at 6:00PM the day before your procedure and the other half at 4:00AM the morning of your procedure*
- **Continue to take your usual medications. If you are diabetic please follow the diabetic instructions.**
  - Each patient may respond to the bowel cleansing drink differently. Contact your health care provider if you have any questions.

**FAILURE TO FOLLOW THESE INSTRUCTIONS MY RESULT IN A REPEAT EXAM OR CANCELLATION OF YOUR EXAM.**

**Upon Arrival to the Endoscopy Department:**

- You will be asked to change into a gown. Your health history will be reviewed and an IV will be started. Then you will be taken to an exam room. Your vital signs will be watched closely during the exam by an anesthesiologist or nurse anesthetist.
- You will receive medication through your vein. This is called monitored anesthesia care (MAC). This medication should help sedate you and you will likely not feel or be aware of anything during the exam.
- During the exam, your physician will insert a colonoscope, a flexible thin tube, through your rectum and into your colon.
- The scope has a small camera that sends pictures to a screen. The endoscope allows the physician to look closely at the inside of the colon for bleeding, inflammation and tumors. There also is an open channel in the scope through which your physician may pass instruments to: sample tissue (biopsy), inject solutions, remove polyps, and cauterize tissue.
- The exam usually takes 20-40 min and when you are finished you will go to the recovery area where you will stay for 30-45 minutes.

**After the colonoscopy:**

- You will receive initial results in the recovery room and final results usually within 2 weeks via follow up appointment, phone call or letter.
- It is normal to feel bloated, have gas cramps and pass large amounts of air. This will last until the air is expelled from your colon, usually the day after your exam.
  - Medications: Resume all of your medications unless otherwise instructed
  - Activity: Rest for the remainder of the day
  - Diet: Resume your regular diet if no other tests are ordered

**When to seek medical help ~ If you experience any of the following symptoms please go to the nearest Emergency Department:**

- ❖ Pass blood clots or blood colors the toilet water red (some blood with the first bowel movement is normal)
- ❖ Constant abdominal pain with/without blood, up to 14 days after the exam
- ❖ Temperature of 100.4 degrees or greater.

**Risks Associated With Colonoscopy:**

Serious problems with these exams are uncommon. Possible problems include perforation (tear through the wall of the bowel) bleeding, infection, drug reaction, injury to internal organs (spleen), fatal respiratory and cardiac arrest, or death. You may discuss all possible problems with your physician.

**Financial Questions:**

**Ensuring payment for all procedures (and associated costs) is your responsibility.** Our office will do it's best to pre-certify the procedure with your insurance company. We cannot know ahead of time, though, what your exact part of the cost of the procedure will be. The cost is different for every insurance company and every individual plan. If you have any concerns please contact the customer service department of your insurance company **prior** to undergoing the procedure. Please remember to inquire about coverage for ancillary services such as the facility fee, anesthesia and pathology fees.

You are responsible for any deductibles, co-payments, co-insurance or amounts not covered by the insurance carrier for your procedure. Any collection fees will also be your responsibility.

**If you cannot make your scheduled procedure you must call at least 48 hours in advance to avoid a \$200.00 no show fee.**

**These instructions are also available  
on [www.drlizcruz.com](http://www.drlizcruz.com)**

### **NSAIDs: Non-Steroidal Anti-Inflammatory Drugs**

Aspirin (Anacin, Ascriptin, Bayer, Bufferin, Ecotrin, Excedrin)  
 Choline and magnesium salicylates (CMT, Tricosal, Trilisate)  
 Choline salicylate (Arthropan)  
 Celecoxib (Celebrex)  
 Diclofenac potassium (Cataflam)  
 Diclofenac sodium (Voltaren, Voltaren XR)  
 Diclofenac sodium with misoprostol (Arthrotec)  
 Diflunisal (Dolobid)  
 Etodolac (Lodine, Lodine XL)  
 Fenoprofen calcium (Nalfon)  
 Flurbiprofen (Ansaid)  
 Ibuprofen (Advil, Motrin, Motrin IB, Nuprin)  
 Indomethacin (Indocin, Indocin SR)  
 Ketoprofen (Actron, Orudis, Orudis KT, Oruvail)  
 Magnesium salicylate (Arthritab, Bayer Select, Doan's Pills, Magan, Mobidin, Mobogesic)  
 Meclofenamate sodium (Meclomen)  
 Mefenamic acid (Ponstel)  
 Meloxicam (Mobic)  
 Nabumetone (Relafen)  
 Naproxen (Naprosyn, Naprelan)  
 Naproxen sodium (Aleve, Anaprox)  
 Oxaprozin (Daypro)  
 Piroxicam (Feldene)  
 Rofecoxib (Vioxx)  
 Salsalate (Amigesic, Anaflex 750, Disalcid, Marthritic, Mono Gesic, Salflex, Salsitab)  
 Sodium Salicylate (various generics)  
 Sulindac (Clinoril)  
 Tolmetin sodium (Tolectin)  
 Valdecoxib (Bextra)

## **THE PREPS**

The following bowel preps are by prescription only. Please follow the instructions for the preparation you were prescribed.

### ***MoviPrep:***

**AM Colonoscopy Prep** - If your colonoscopy is scheduled in the morning hours. The day BEFORE your exam:

- Drink clear liquids only for the entire day. Do not drink any red or purple liquids.
- Eat NO solid food. No milk or milk products.
- At 4PM, empty 1 Pouch A and 1 Pouch B into the disposable MoviPrep® container. Add lukewarm water to the top line of the container (Fill Line). Mix to dissolve.
- If preferred, mix solution ahead of time and refrigerate prior to drinking. The reconstituted solution should be used within 24 hours.
- THE MOVIPREP CONTAINER IS DIVIDED BY 4 MARKS. EVERY 15 MINUTES DRINK THE SOLUTION DOWN TO THE NEXT MARK UNTIL THE FULL CONTAINER IS COMPLETE. ONCE THE SOLUTION IS GONE, DRINK 16 OZ. OF A CLEAR LIQUID OF YOUR CHOICE.

- REPEAT THIS AGAIN AT 10PM, FINISHING ANOTHER FULL CONTAINER FOLLOWED BY 16 OZ. OF A CLEAR LIQUID OF YOUR CHOICE.

Follow these instructions, NOT the directions on the bowel prep bottle.

- You may continue clear liquids during and after bowel preparation.

**PM Colonoscopy Prep** - If your colonoscopy is scheduled at or after 12 noon.

### **The day BEFORE your exam:**

- Drink clear liquids only for the entire day. Do not drink any red or purple liquids.
- Eat NO solid food. No milk or milk products.
- At 6PM, empty 1 Pouch A and 1 Pouch B into the disposable MoviPrep® container. Add lukewarm water to the top line of the container (Fill Line). Mix to dissolve.
- If preferred, mix solution ahead of time and refrigerate prior to drinking. The reconstituted solution should be used within 24 hours.
- THE MOVIPREP CONTAINER IS DIVIDED BY 4 MARKS. EVERY 15 MINUTES DRINK THE SOLUTION DOWN TO THE NEXT MARK UNTIL THE FULL CONTAINER IS COMPLETE. ONCE THE SOLUTION IS GONE, DRINK 16 OZ. OF A CLEAR LIQUID OF YOUR CHOICE.

### **The day OF the exam:**

- AT 4AM, REPEAT THE SAME PROCESS AGAIN, FINISHING ANOTHER FULL CONTAINER FOLLOWED BY 16 OZ. OF A CLEAR LIQUID OF YOUR CHOICE. Follow these instructions, NOT the directions on the bowel prep bottle.
- Crystal Light lemonade powder may be added to unflavored bowel prep.
- You may have NOTHING by mouth, 6 hours before your check-in time.
- Eat NO solid food. No milk or milk products.
- Take your usual medications.

## ***TriLyte, NuLyte, Colyte or Golyte:***

**AM Prep: If you are scheduled in the AM hours:**

### **The day BEFORE your exam:**

- Drink clear liquids only for the entire day. Do not drink any red or purple liquids.
- Eat NO solid food. No milk or milk products.
- At 4PM, drink bowel-cleansing prep (TriLyte®, NuLyte®, Colyte®, or Go-Lyte®). It is best when chilled.
- DRINK ONE EIGHT-OUNCE GLASS EVERY 10 to 15 MINUTES UNTIL HALF THE GALLON IS FINISHED.
- REPEAT THIS AGAIN AT 10PM, FINISHING THE LAST HALF OF THE GALLON. Follow these instructions, NOT the directions on the bowel prep bottle.
- You may continue clear liquids during and after bowel preparation.

**The day OF the exam:**

- You may drink clear liquids up to 6 hours before your check in time.
- You may have NOTHING by mouth, 6 hours before your check-in time.
- Eat NO solid food. No milk or milk products.
- Take your blood pressure and heart medications on the day of procedure with a sip of water. All other medications can wait until after the procedure. Do not take water medications on day of procedure.

**PM Colonoscopy Prep - If your colonoscopy is scheduled at or after 12 noon****The day BEFORE your exam:**

- Drink clear liquids only for the entire day. Do not drink any red or purple liquids.
- Eat NO solid food. No milk or milk products.
- At **6PM**, drink bowel-cleansing prep (TriLyte®, NuLyte®, Colyte®, or Go-Lytely®). It is best when chilled.
- DRINK ONE EIGHT-OUNCE GLASS EVERY 10 to 15 MINUTES UNTIL HALF THE GALLON IS FINISHED. Put gallon back in the refrigerator to finish in the morning. Follow these instructions, NOT the directions on the bowel prep bottle.
- Crystal Light lemonade powder may be added to unflavored bowel prep.
- You may continue clear liquids during and after bowel preparation.
- Take your usual medications.

**The day OF the exam:**

- At **4AM**, drink bowel-cleansing prep (TriLyte, NuLyte®, Colyte®, or Go-Lytely®). It is best when chilled.
- DRINK ONE EIGHT-OUNCE GLASS EVERY 10 to 15 MINUTES UNTIL THE GALLON IS FINISHED. Follow these instructions, NOT the directions on the bowel prep bottle.
- Crystal Light lemonade powder may be added to unflavored bowel prep.
- You may have NOTHING by mouth, 6 hours before your check-in time.
- Eat NO solid food. No milk or milk products.
- Take your usual medications.

***SuPrep:*****The day BEFORE your exam:**

- Drink clear liquids only for the entire day. Do not drink any red or purple liquids.
- Eat NO solid food. No milk or milk products. If your procedure is in the morning hours:

**AM Prep:** If your procedure is scheduled in the AM hours:

- At 4PM the day before your procedure, follow step 1 – 4 of the SUPREP directions found below
- At 10PM that same day, follow step 1 – 4 of the SUPREP directions found below.

**PM Prep:** If your procedure is scheduled at or after 12 noon:

- At 6PM the day before your procedure, follow step 1 – 4 of the SUPREP directions found below
- At 4AM the day of the procedure, follow step 1 – 4 of the SUPREP directions found below
- You may continue clear liquids during and after bowel preparation. Take your usual medications.

**The day OF the exam:**

- You may drink clear liquids up to 6 hours before your check in time.
- You may have NOTHING by mouth, 6 hours before your check-in time.
- Eat NO solid food. No milk or milk products.
- Take your blood pressure and heart medications on the day of procedure with a sip of water. All other medications can wait until after the procedure. Do not take water medications on day of procedure.

**Suprep Detailed Instructions:**

1. Pour ONE (1) 6-ounce bottle of SUPREP liquid into the mixing container.
2. Add cool drinking water to the 16-ounce line on the container and mix. NOTE: Be sure to dilute SUPREP as shown in step 2 before you drink it.
3. Drink ALL the liquid in the container.
4. You MUST drink two (2) more 16-ounce containers of water over the next hour. NOTE: You MUST finish drinking the final glass of water at least 2 hours, or as directed, before your procedure.