ABOUT THE PROCEDURE

The colonoscopy usually takes about a ½ hour. Expect to be at the hospital 2-3 hours for your test and recovery time. Dr. Perryman will speak with a family member after the procedure and let them know of the findings. The sedation medicine you receive for the procedure may prevent you from remembering everything that she says. There are no restrictions on what can be eaten after the procedure. However, you cannot drive the day of the colonoscopy; therefore, you will need a ride home from the hospital. You may be drowsy for the rest of the day, and may need additional rest.

If biopsies are taken, the results will be available in four-to-five days. Please call our office to obtain the results at (303)840-8822. Follow-up appointments can be made to discuss the biopsy findings, need for further studies, and other screening tests.

THE DAY OF THE COLONOSCOPY

- ✓ DO NOT EAT OR DRINK ANYTHING UNTIL AFTER YOUR PROCEDURE
- ✓ If you are to take your morning medicines, take with a small sip of water ONLY
- ✓ You will need to have an adult drive you home after your test. You will not be able to leave by yourself

Talk to Dr. Perryman or her medical staff if you have any questions or concerns



Lisa A. Perryman, MD, FACS, FASCRS

9397 Crown Crest Blvd., Suite 301 ◆ Parker, CO 80138 (303)840-8822 office ◆ (303)840-8824 fax

CLENPIQ BOWEL PREP INSTRUCTIONS

REPORT TO:_	PARKER ADVENTIST HOSPITAL REGISTRATION, 1 ST FLOOR		
	CROWN POINT S	CROWN POINT SURGERY CENTER 9397 CROWN CREST BLVD, STE 110	
	9397 CROWN CR		
	SKY RIDGE SURGICAL CENTER		
	10099 RIDGE GATE PKWY, STE 100		
DATE:	APPT TIME:	CHECK IN TIME:	

- Please report to Parker Hospital or Sky Ridge <u>1 ½ HOURS</u> prior to the test, or <u>1 HOUR</u> if it is at Crown Point.
- You will need to have someone drive you home after the colonoscopy. If you do not have a driver present, your procedure will be cancelled. You may not take a cab home. Working or driving is not permitted for the rest of the day due to sedation given during your procedure.
- NO ASPIRIN OR ASPIRIN PRODUCTS FOR <u>1 WEEK</u> PRIOR TO YOUR PROCEDURE. These products include: Advil, Motrin, Ibuprofen, Aleve, and Midol.
- Hold all herbal supplements, fish oil, glucosamine and vitamin E for <u>1 WEEK</u> prior to your procedure.
- For pain, take only Tylenol (acetaminophen) unless otherwise directed by Dr. Perryman.
- Please inform Dr. Perryman if you are taking Coumadin,
 Xarelto, Plavix, or other similar blood thinning medications.
- Avoid fibrous food a week prior to procedure. No nuts, seeds, popcorn, or grains.

BOWEL PREP

REMEMBER: Your colonoscopy preparation is <u>VERY</u> important. An adequate clean-out allows for the best evaluation of your entire colon. Poor preparation could lead to the cancellation of your procedure. Using baby wipes or "Tucks" and Desitin ointment may ease some discomfort you may have during your prep. *Be kind to your behind!*

THE DAY BEFORE YOUR COLONOSCOPY:

- ✓ Do not eat any solid food the entire day before your colonoscopy
- ✓ Drink only clear liquids from the time you get up in the morning
- ✓ AVOID ALL RED, ORANGE, PURPLE, AND LIMIT DARK COLORED LIQUIDS
- ✓ Keep yourself well hydrated all day

Clear liquids include:

WATER, CLEAR FRUIT JUICES (NO PULP), POPSICLES, ICE, SOFT DRINKS, GATORADE, CLEAR BROTH OR BOUILLON, GELATIN, KOOL AID, COFFEE OR TEA (NO MILK OR CREAM). NO ALCOHOL.

Follow the schedule in the table for your bowel prep. You may need to get to the toilet right away. You will have many bowel movements throughout the day. They will become very watery. The bowels are clear or clean when there is only pale yellow fluid without flecks of stool.

BOWEL PREP INSTRUCTIONS:

You will need a prescription for ready-to-drink Clenpiq, which Dr. Perryman will send electronically to your pharmacy. Pick up your prescription as soon as it is filled to avoid having it reshelved and not available when you need it.



CLENPIQ BOWEL PREP FOR COLONOSCOPY

DRINK 64 OZ OF CLEAR LIQUIDS BEFORE YOU BEGIN THE PREP

Dose 1 – START AT 4:00 PM

STEP 1: Drink one bottle of room temperature CLENPIQ right from the bottle

STEP 2: Then, keep hydrating. Drink at least FIVE (5) 8 oz glasses of any clear liquid taken at your own pace over the next 5 HOURS.

Check off each glass as you drink



Dose 2 – START AT 10:00 PM

STEP 1: Drink the other bottle of room temperature CLENPIQ right from the bottle

STEP 2: Follow with at least THREE (3) 8 oz glasses of any clear liquid



DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT

www.ColoradoColon.com