

Provider Performing: ☐ Dr. Jay Kamath ☐ Dr. Patel ☐ Dr. Saline

Date of Exam: \_\_\_\_\_

Arrival Time: \_\_\_\_\_

*(Please expect to be at the surgery center/hospital no less than 3 hours)*

**NOTE: IF PROCEDURE IS NOT CANCELLED WITHIN 72 HOURS PRIOR YOU WILL BE CHARGED**

**\$ 100.00 FEE FOR BAESC AND \$ 150 FOR HOSPITAL PROCEDURES.**

## Split Dose Instructions for Colonoscopy

**Your procedure has been scheduled at:**

<b>Bay Area Endoscopy Center</b> 5771 49th St. N St. Petersburg, FL 33709 727-528-2261	<b>Northside Hospital</b> 6000 49 <sup>th</sup> St. N St. Petersburg, FL 33709 727-521-5158	<b>St Pete General</b> 6500 38 <sup>TH</sup> Ave. N St. Petersburg FL 33710 727-384-1414
---	--	---

**To ensure a successful exam, please follow all instructions carefully.**

**Remember, your procedure WILL be rescheduled if:**

- ✓ You do not follow **ALL** prep instructions.
- ✓ You do not complete your **ENTIRE** preparation as instructed
- ✓ You do not have a ride home (it **MUST** be an adult friend or family member that **DRIVES** you)
- ✓ If you take a **TAXI** or **UBER** you **MUST** have an adult friend or family member accompany you.
- ✓ You are **NOT** able to take a Bus

**Your adult friend or family member that drops you off/ picks you up, MUST stay within a 30 minute distance of the procedure center. If you have any questions on what is acceptable for a ride, please call the office and ask in advance.**

☐ We are requesting clearance from your specialist. You are **NOT** to stop any medication without clearance. We will contact you with instructions of when to stop any medication

### **7 DAYS PRIOR TO YOUR PROCEDURE**

**STOP** taking Fish Oil, Vitamin E, Herbal medications that may cause bleeding and Iron Supplements.

**STOP** Taking NSAIDs, Ibuprofen, Advil, Aleve, Motrin, Celebrex, Naproxen and Meloxicam  
(You may continue taking **Aspirin 81 mg** only) **Tylenol is ok to take**

***DO NOT EAT ANY NUTS SEEDS OR POPCORN!***

### **PURCHASE THESE ITEMS AHEAD OF TIME:**

- ✓ 238gm (8.3oz) bottle of Miralax (Polyethylene Glycol).

(This will be given to you as a prescription. However, if insurance does not cover, it will have to be purchased over the counter.)

- ✓ 2 (28oz) bottles of Gatorade, PowerAde, Water, Apple Juice, White Grape Juice

**NOT RED OR PURPLE**



**Turn over**



**Note:** Urine samples will be collected before your procedure if you are under 55 years of age if you had a hysterectomy or tubal ligation then is not required .For Men will be at facility discretion

## INSTRUCTIONS FOR YOUR PROCEDURE

### 2 Days Before: \_\_\_\_\_

**3:00 pm** take TWO Dulcolax tablets (provided by the office)

A registered nurse will contact you 1-2 days prior your procedure to answer any questions you may have.

### 1 Day Before your Colonoscopy \_\_\_\_\_

#### Upon waking up:

- ❖ Begin a clear liquid diet ) No solid Foods
- ❖ **NO RED OR PURPLE**

#### You may ONLY have:

- ✓ Coffee or Tea (**NO** milk or creamer)
- ✓ Pulp Free Juice (apple, white grape)
- ✓ Broth or Bouillon
- ✓ Kool-Aid or Crystal Light
- ✓ Jell-O (**NO** added fruit or toppings)
- ✓ Popsicles or Italian Ice
- ✓ Carbonated Drinks (Coke, Pepsi, Sprite, Diet or Regular)

**3:00 PM:** MIX 7 capfuls of Miralax into your 28oz bottle of GATORADE or ANY other DRINKS as long as is not RED OR PURPLE and place in the refrigerator. **\*\* (FILL THE CAP OF THE MIRALAX BOTTLE TILL THE LINE 7 TIMES)**

### 5:00-6:30PM

Drink 8oz every 15 minutes until the entire 28oz is gone

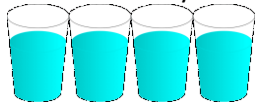


**7:30 pm** Mix the other 7 capfuls of Miralax into your 28oz Gatorade and place in the refrigerator.

At:

### 10:00-11:30 PM

Drink 8oz every 15 minutes until the entire 28oz is gone



**Make sure you take your Blood pressure medications**

**DIABETICS:** Take your regular morning and daytime oral diabetic medications and insulin. Only half of your long-acting insulin dose.



**NOTHING TO EAT OR DRINK AFTER MIDNIGHT.**

## The Day of your Colonoscopy

You MAY take your morning medications as usual (which includes blood pressure, cholesterol, depression, anxiety, seizure medication, thyroid medication, ETC.) with **SMALL SIP OF WATER**

(DO NOT take NSAIDS or Blood thinners)

PLEASE DO NOT DRINK ANY WATER IN THE MORNING OF YOUR PROCEDURE , THIS CAN CAUSE A DELAY FOR YOUR PROCEDURE

**DIABETICS:** Check your glucose level in the morning of your procedure and **ONLY** if your diabetes is uncontrolled please take any oral diabetic medications or insulin

If your diabetes is controlled please DO NOT take your diabetes medications

Remember to check your sugar level regularly during your colonoscopy prep.

**Please bring your Rescue Inhaler and insulin with you**  
**Avoid smoking 24 hours prior procedure and around the outside perimeters of the facility**

Wear flat, comfortable shoes- no heels

Please look out for BayArea Endoscopy email from us

**If you have any questions please do not hesitate to call**

**727-273-2907 Yairis Diaz**

**NOTE:**

**In the event that a biopsy needs to be performed, there will be additional charges from an outside pathology lab.**