

MAIN GASTROENTEROLOGY, P.C,
Gastroenterology Endoscopy

Antonino Mannone, M.D.
Zaliya Perez, Certified Medical Assistant
Yolanda Walker, Office receptionist

COLONOSCOPY
ATTENTION!!! PLEASE READ IMMEDIATELY!!!

Regarding Blood Thinners please address the following:

"If you take Blood Thinners or Anticoagulants (Heparin, Coumadin, Plavix) it is important that you notify your doctor who prescribed these medications to discuss stopping those drugs ONE WEEK prior to your procedure.

"If you take any ASPIRIN product, such as Aspirin, Ecotrin, Motrin, Advil, Aleve, etc, you must discontinue their use one week prior to the procedure as well. If you are on any of those medications, please contact the prescribing doctor to discuss stopping those medications for one week.

"If you have contacted your doctor and he/she advised you NOT to withhold the medications, please contact our office IMMEDIATELY.

"If you need medication for pain relief, you may take acetaminophen, (Tylenol regular or extra strength only!)

Foods needing to be avoided:

"5 days before the procedure avoid ANY FOOD CONTAINING SEEDS. Examples are corn, grapes, tomatoes, and watermelon, rye bread, poppy or sesame seeds.

Diabetic patient please see attached sheet specific for diabetics.

Medications the day prior to and the day of procedure:

Please continue to take ALL OTHER medications as prescribed to you as you normally would EVEN THE MORNING OF THE PROCEDURE with the exception of performing an upper endoscopy. You may need to reschedule your pills the night before the procedure to AVOID TAKING MEDICATION WHILE DRINKING THE PREP.

Notes:

**Please notify our office immediately if you require ANTIBIOTICS before this procedure is performed.

** It is important to fill out the medication sheet in this packet, and list ALL medications on the sheet.

The list should include name of drug, dose and how many times a day you take it. Bring this sheet to the hospital.

** You MUST have a driver with you to bring you home after the procedure. A taxi is only acceptable if you have another adult, besides the taxi driver, with you.

YOUR PROCEDURE IS SCHEDULED FOR:

DATE:

PLACE: Millard Fillmore Suburban Hospital 1540 Maple Rd, Williamsville, NY 14221

REPORT TO ADMISSION:

SUFLAVE BOWEL PREP

Colonoscopy prep for the day before procedure

DO NOT EAT OR DRINK ANYTHING RED OR PURPLE

Do NOT drink any alcoholic beverages

You may have a light breakfast such as oatmeal, cereal, a bagel (without seeds), and toast.

Lunch will be a clear liquid diet such as the following:

BEVERAGES:

- o Water, tea or coffee (No dairy allowed)**
- o Sweeteners are ok in the coffee**
- o Clear soft drinks (7UP, ginger ale, orange, Sprite, etc.)**
- " Gatorade, Orange juice (no pulp), Lemonade- with no pulp**
- o Strained fruit juices without pulp (apple, white grape, orange, white cranberry, etc.)**

SOUPS:

- o Low sodium chicken or beef bouillon/broth**

Other:

- " Jell-O (lemon, lime or orange)? no fruit or toppings and not Red**
- " Popsicles or Italian ice**

(Mix the packet into cup provided with water only) Drink the first cup of Suflave between 3:00-4:00pm. Follow this dose with 2 16oz glasses of water.

(Mix the packet into cup provided with water only) Drink the Second cup of Suflave between 8:00-9:00pm. Follow this dose with 2 16oz glasses of water.

Notes for diabetics regarding preparation:

THE CLEAR LIQUID DIET MAY INCLUDE BEVERAGES WITH SUGAR

YOU WILL NOT BE TAKING YOUR DIABETIC MEDICATION (NO INSULIN, METFORMIN AND/OR ANY OTHER DIABETIC MEDS. YOU WILL NOT BE EATING SO YOU DON'T WANT TO LOWER YOUR SUGAR LEVEL.

THE DAY OF YOUR PROCEDURE TAKE DIABETIC MEDICATIONS WITH YOU TO THE HOSPITAL SO YOU CAN TAKE THEM AFTER THE PROCEDURE.

ADVISE THE NURSES AT THE HOSPITAL SO THEY CAN GIVE YOU SOMETHING TO DRINK OR, IF YOU ARE GOING TO EAT WHEN YOU GET HOME, TAKE YOUR DIABETIC MEDS AT THAT TIME.

CONSULT WITH YOUR ENDOCRINOLOGIST TO MAKE SURE THERE IS NOTHING THEY WOULD WANT TO DO DIFFERENTLY.