

Fresno Endoscopy Center

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Fresno CA 93720
(559)438-8400 phone

Ujagger S. Dhillon, M.D.

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Patient Name:

Chart #:

Procedure date:

Appointment time:

COLONOSCOPY / SIGMOIDOSCOPY

Please follow instructions as indicated. If proper instructions are not followed your appointment may be cancelled or rescheduled and you will have to repeat the prep.

If you are **DIABETIC** do not take your diabetic pills Insulin may need to be adjusted while preparing for the procedure, including the morning of the procedure.

- Also check your sugar while prepping and the night before you go to bed. If you are on Insulin please bring insulin and syringes with you.

Stop any blood thinners such as:

- **day of the procedure**
Lovenox (Enoxaparin)
- **3 days before procedure**
Coumadin (Warfarin), Pradaxa (Dabigatran), and Xeralto (Rivaroxaban)
- **5 days before procedure**
- Effient (Prasugrel), Plavix (Clopidogrel), Persantine
(also over the counter Aspirin or anti-inflammatory medications for arthritis such as Advil, Motrin, Ibuprofen, Celebrex, and Mobic)
- **Tylenol** is OK to take and also continue all other pain medication.

Continue to take all other present medications while prepping for your procedure **especially high blood pressure, heart,** cholesterol and seizure medications. You are allowed to take these type of medications the morning of your procedure with a sip of water.

Do not glue in your dentures if you wear any, we will ask you to take those out. Please bring **reading glasses** if needed to read and sign the consent form.

Please set aside approximately 2-3 hours for overall appointment time. **You will be sedated for the procedure and will need to bring a designated driver with you. No Uber, Lyft, medical or public transportation. No driving or operating heavy machinery or other work requiring mental alertness for 24 hours after the procedure.**

Preparation instructions:

1) on _____ 2 nights before the procedure at 8 PM take 2 Bisacodyl laxative tablets with 8 oz of any clear liquid.

2) Day before the procedure start a clear liquid diet:

No solid food the day before and the day of procedure!

You CAN have Clear liquids like Chicken Broth, Jello, Gatorade, powerade, Clear teas and Clear Sodas (LEMON OR ORANGE ONLY!!!)

NO MILK PRODUCTS OR COFFEE!

3) on _____ 9 AM take the last 2 Bisacodyl laxatives with 8 oz of clear liquid

4) **11: 00 am** Mix the solution /PEG 3350 (colyte or golytely) add **lukewarm** drinking water OR lemon/orange flavored gatorade to the top of the line on the bottle. Close the bottle and shake to dissolve the powder, then place the bottle with solution in the refrigerator for 1 hour to chill.

FIRST DOSE: 12:00 pm (noon) Drink 1 glass (8oz) every couple minutes, at your pace, until 1/2 of the gallon is gone. Do not throw away remaining solution. Place the rest of the solution back into the refrigerator.

SECOND DOSE: 6 hours prior to scheduled appointment:

Drink 1 glass (8oz) every couple minutes, at your pace, until remaining of the gallon is gone

Afternoon Appointments: Continue Clear liquids until 2 hours before the procedure

PICK UP PREP AT YOUR PHARMACY

(as soon as possible due to prep shortage)

Patient needs someone to stay at home with them 24 hours after the procedure

****if you have asthma please bring your inhaler with you****

If you have any questions or need to reschedule, please contact Pre-Op at ext 120