

Getting started...



Schedule it!



Read everything in Colonoscopy Packet



Get all labs, X-rays, and medical clearance



Plan your driver



Pick up prep items

Two Days before exam...



Begin prep at appointed time



Follow all instructions



Clear liquids only - have a popsicle!



Stay near your throne



Relax as usual



1-Day Before

Nothing to eat after midnight

Morning of exam...

Cheers to your health!

You may have saved your life



Your driver takes you home after short recovery

I didn't feel a thing!



Colonoscopy takes about 30 minutes



Nurse takes vital signs and gives meds to make you sleepy



Change into comfy gown



Don't be tardy for the exam



Continue prep - you're almost done!

Colonoscopy

Don't sweat the prep checklist

SEE BACK FOR DETAILS

NOTES

- If you are on any anti-coagulation (blood thinners), NSAIDS or aspirin, please call the surgical clinic for consultation.
 - Getting all labs, X-rays, and medical clearance prior to procedure day is important in order not to delay your colonoscopy. Labs and X-rays are good for 30 days.
 - If you are unsure of how to complete the colon cleansing preparation, please call the surgical clinic several days ahead of your scheduled date to clarify the process. This is an important process in order to fully examine your colon. A poor prep could lead to missed colon lesions, polyps or tumors.
 - Bring this packet with you the day of your scheduled colonoscopy, with all copies of labs, X-rays and clearance papers.
 - If you need to reschedule because you haven't completed the prep or have side effects, contact us within 24-hours of your appointment.
- Please call us if you have any questions!
- THANK YOU** for choosing ARH for your colorectal cancer screening!



ARH MEDICAL & SPECIALTY ASSOCIATES-ARCHER

A Department of Highlands ARH Regional Medical Center
Prestonsburg, KY | 606.886.8183

BOWEL PREP FOR COLONOSCOPY



ITEMS TO PURCHASE:

- 2 bottles of magnesium citrate
- 1 box of Dulcolax Pills (make sure it contains at least 8 pills)

Follow the steps for the prep as listed below or as prescribed by your physician.

2 DAYS BEFORE PROCEDURE: _____

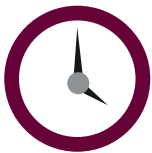
CLEAR LIQUID DIET

ALLOWED

- Plain Dry Toast/Crackers
- Mountain Dew
- Sprite / Sierra Mist
- Ginger Ale
- Apple Juice
- White Grape Juice
- Lemonade
- Kool Aid
- Gatorade
- Jello
- Popsicles
- Coffee
- Tea
- Chicken Broth or Bouillon

NOT ALLOWED

- Solid Foods
- Milk or Milk Products
- Brown Colas
- Nothing **RED** or **PURPLE**



1. Be on a clear liquid diet
2. Take 4 Dulcolax pills at 12:00pm (Noon)
3. Drink 1 bottle of magnesium citrate at 4:00pm

1 DAY BEFORE PROCEDURE: _____

4. Remain on a clear liquid diet
5. Take 4 Dulcolax pills at 12:00pm (Noon)
6. Drink 1 bottle of magnesium citrate at 4:00pm



7. **DO NOT** have anything to eat after midnight before your procedure. You may drink clear liquids up to two hours prior to your arrival time.

DATE OF COLONOSCOPY: _____

SURGERY REMINDERS

PLACE: Please go to **Outpatient Surgery** on the day of your procedure. (1st floor at Highlands ARH Regional Medical Center)

TIME: The surgery department at Highlands ARH will call you **1 BUSINESS DAY** before your surgery between the hours of 2pm and 4pm to give you a time to arrive on the day of your procedure.