

COLORADO CENTER FOR DIGESTIVE DISORDERS

Jonathan E. Jensen, MD FACP FACG
303-776-6115

COLONOSCOPY

Please review your instructions thoroughly at least 3 days prior to your procedure.

PREPARATION:

- You are receiving two sets of laxative prescriptions with their corresponding instructions. You may choose either laxative depending on price, insurance co-pay, and/or volume. Check with your pharmacy to see what insurance covers and how much it will pay. The Golytely-Nulytely split dose laxative is more volume but more readily covered by insurance and is cheaper. The Movi-Prep laxative will cost more, but have less volume to drink. It is your choice what you choose. With both laxatives you may use the anti-nausea prescription provided. It is attached to this form.
- Do not eat anything containing seeds or nuts for 3 days prior to the exam.
- You will begin a clear liquid diet the day before your procedure.
- **Please notify** us if you are taking any blood thinners such as Coumadin, Warfarin and Plavix. These may need to be stopped 3 days prior to your procedure. **Stop Date:** _____.
- If you have diabetes and take insulin, take only half your usual dose and bring something to eat after the procedure.
- If you take pills for heart problem, breathing problems, high blood pressure or seizures, take these medications the morning of the procedure with only a small sip of water, if that is your normal time of taking your meds. If in doubt about whether to take your pills, simply bring them with you and take them after the procedure.

PROCEDURE DETAILS:

Date: _____ **Check in time:** _____ **am/pm.**

Procedure time: _____ **Discharge time:** _____

Your procedure will take about 30 minutes. You will be at the facility for a total of approximately 2 hours. The results of the colonoscopy will be given to you after the procedure. If biopsies are taken and/or a polyp is removed you will be notified in about a week regarding the results.

_____ Colorado Endoscopy Centers, 205 S Main, Ste A, Longmont, Co.
_____ Longmont United Hospital, 1950 Mountain View Ave, Longmont, CO, (303-651-5009). Day Surgery enter from the north side of the hospital off of 14 th Ave., report to Patient Registration Desk.

YOU MUST HAVE SOMEONE DRIVE YOU HOME AFTER THE PROCEDURE. If the person driving you does not remain at the facility, they must be within 15 minutes distance and the nurse will notify them when you are almost ready to leave. Patient Pick-Up is on the NE side of our building. **You are not allowed to take a taxi, bus or walk home. If you do not have a ride, your procedure will be canceled.** You will be asked NOT TO DRIVE FOR 12 HOURS AFTER THE SEDATION. Most people feel tired after being sedated, so rest is recommended. You may resume regular activity the next day. **After your insurance is processed, you will receive a bill for facility charges and a bill from Front Range Gastroenterology for physician charges. If you have a biopsy, you will receive a bill from the lab where the work was done and from any pathologist involved.**

COLORADO ENDOSCOPY CENTERS

Thank you for scheduling your procedure with Colorado Endoscopy Centers.

Tips on getting a great prep:

1. Read all instructions thoroughly 3 days prior to your procedure.
2. The day before your procedure begin the clear liquid diet when you wake up.
3. Follow the prep instructions that we provide and ignore instructions on package.
4. Drink all of the prep according to our instructions. To do a thorough test it is imperative to have the colon properly prepared.
5. Finish prep 4 hours prior to procedure and NOTHING to drink including water, after that time.
6. You must have a responsible adult to drive you home. Public transportation is not allowed.
7. Due to the sedation that you will receive, it is advised that you take the rest of the day off. You can resume all your usual activities the next morning.

Due to circumstances beyond our control your appointment time may be changed. Please try to keep rides flexible. We realize this is an inconvenience and appreciate your understanding. In this way we can serve all our patients better.

Thank you,
Dr Jensen and the staff at CEC