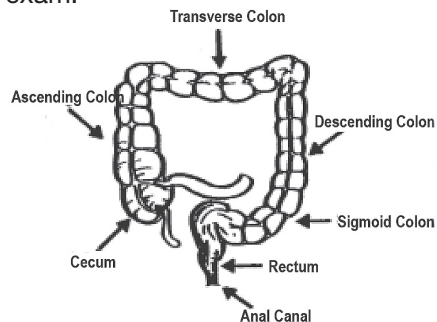


Preparations Before Scheduling a Colonoscopy

1. Tell your doctor if you are taking any blood thinners such as aspirin, Coumadin®, Eliquis®, Plavix®, Xarelto®, Trental®, or any anti-inflammatory or anti-arthritis products. Your doctor will usually recommend stopping these medications before procedure as follows; (3) three days for Coumadin & seven days for all others unless specified.
2. If you are a diabetic patient on insulin or an oral hypoglycemic, you will need to receive special instructions and schedule your procedure early in the morning. Hold diabetes medications 2 days before test. Consult with your physician.
3. If you have any condition that requires you to take preventative antibiotics before you have a procedure, please tell Dr. Fine.
4. Make sure your doctor has a list of current medications you are taking, and inform him of any allergies to medications or anesthetics.
5. Provide the office with your insurance information so authorization can be obtained, if needed. If you do not have insurance or other financial coverage, you will need to make financial arrangements ahead of time in the business office of the surgery center and the doctor's office before the day of the exam.



Appointment Information

Date: _____

Report To: _____

Arrival Time: _____

Procedure Time: _____

Please call our office at (972) 253-4205 if you are unable to keep your appointment.



FINE DIGESTIVE HEALTH
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Preparing for a Colonoscopy



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Colonoscopy

You have been scheduled for a colonoscopy for the purpose of examining your colon (large intestine) and, if applicable, removing a polyp or polyps, taking biopsies, stopping bleeding or obtaining colon secretions to send to the pathologist for further examination. You will be sedated and be comfortable.

This test takes approximately 20 to 60 minutes. You may experience some discomfort, however, medicine will be given to eliminate any discomfort.

Are there any possible complications?

Colonoscopy is a safe and relatively low risk procedure. Complications can occur but are rare.

Possible complications include:

- hemorrhage (bleeding)
- perforation (tearing) of the colon
- an adverse reaction to one of the medications(s) (sedatives)
- difficulty breathing
- abnormal heartbeat
- misdiagnoses / missed lesions
- If any of the above occur, Dr. Fine may stop your procedure

In very rare circumstances, death could result from a complication.

Things You MUST Do Before Your Colonoscopy

Purchase a Prep Kit:

You can purchase your prep kit here or within 2 days at your local pharmacy to ensure it is available for use prior to your procedure. *If you purchase your prep kit at your pharmacy, you must also purchase 8 Dulcolax tablets and 2 GasX tablets. These tablets are included in Dr. Fine's prep kit.*

If you don't follow the instructions below, you may not have a clean colon at the time of your procedure, which may require you to repeat the prep and colonoscopy a second time!

Three Days Before:

1. Avoid all beans, peas, corn, popcorn, grapes, lettuce, seeds and nuts.
2. Take 1 Dulcolax® tablet twice a day.

Two Days Before:

1. Take 1 Dulcolax tablet twice a day.

One Day Before:

1. Drink a clear liquid diet ONLY. A clear liquid is one you can see through. Examples: broth, Jello (no red, orange, blue, green or purple), strained fruit juices, soft drinks, coffee or tea without milk products, popsicles (no red, orange, blue, green or purple).
2. Be sure to drink at least 8-10 glasses of water.
3. At noon, take 1 GasX tablet.
4. At 5:00 pm, take 2 Dulcolax tablets, 1 GasX tablet, and drink half of the prep.

5. Between 10 pm - 2 am, take 2 Dulcolax tablets and drink the rest of your liquid prep.
6. Do not drink anything after 3 a.m.

Day of the Exam:

Arrive at the hospital at stated time so necessary preparation can be done.

1. You may take prescribed medication with a small amount of water and then nothing by mouth.
2. Please bring a driver with you. Sedation will be given and you will be able to walk but not fully concentrate. Plan on staying about 2-3 hours to allow for the procedure and recovery time. You will probably not remember the procedure or talking with the doctor, so the driver can get the results of the test. If you have any questions, be sure to ask.

After the Procedure

1. Do not drive for 24 hours after the examination. Eat light for the next 24 hours as you may experience nausea, gas or cramps.
2. Do not take any laxative for three days.
3. Follow your doctor's advice on resuming previous medications.
4. You will be notified of any abnormal test results by our office in 1 week. If you have any questions, please ask or call our office and, make a follow-up appointment within 4 weeks.
5. Avoid all blood thinners at least 7 days following the procedure only if directed by a physician, especially if a biopsy was performed.