

## Some Reminders

1. You will need someone to drive you home after the procedure.
2. No nail polish on either pointing finger, for the purpose of monitoring oxygen level during procedure.
3. Please remember to bring the following:
  - ◆ Current Insurance Card
  - ◆ Co-Pay
  - ◆ List of Medications
  - ◆ These orders
4. It is important that you remain well hydrated after the procedure. You should try to drink at least 32 ounces of clear fluid within 8 hour after the procedure.

### YOUR PROCEDURE WILL BE DONE AT THE FOLLOWING FACILITY:

- LOHMAN ENDOSCOPY CENTER  
4381 E. LOHMAN AVE, STE A  
LAS CRUCES, NM 88011 575-522-3220
- MEMORIAL MEDICAL CENTER  
2450 S. TELS HOR BLVD  
LAS CRUCES, NM 88011 575-522-8641
- MT. VIEW REGIONAL MEDICAL CENTER  
4311 E. LOHMAN AVE.  
LAS CRUCES, NM 88011 575-556-7600
- MT. VIEW SURGERY CENTER  
4351 E. LOHMAN AVE, STE 102  
LAS CRUCES, NM 88011 575-532-3305

## COLONOSCOPY INSTRUCTIONS PM



Dr. Ayyappa Mysore Rangaraju, MD

Patient Name: \_\_\_\_\_

Date of Procedure: \_\_\_\_\_

Arrival Time: \_\_\_\_\_

Procedure Time: \_\_\_\_\_

### **RESCHEDULING PROCEDURES**

As a courtesy please notify our office at least 2-3 days prior to your procedure if you need to cancel or reschedule. A fee of \$50 may/will be applied if you do not show for your procedure. Your timely notification will allow us to accommodate another patient. Please call our office if you have any questions (575-522-7697).

THANK YOU!

Colonoscopy and endoscopy are very safe procedures; however, there are minimal risks as with any diagnostic procedure. These risks include perforation, bleeding, infection or side effects from the sedatives.



**TWO DAYS BEFORE: AVOID FRUITS, VEGETABLES, AND NUTS**

**PREPARING FOR THE COLONOSCOPY (day before)**

1. On the day before the procedure you may have a regular breakfast.
2. After breakfast have CLEAR LIQUIDS ONLY for lunch and dinner. \*\*You should consume at least 2 liters of clear liquids on the day before the colonoscopy.

<p><b>CLEAR LIQUIDS INCLUDE:</b> Gatorade Kool-Aid 7UP/Sprite Apple Juice or Tea</p> <p><b>AVOID LIQUIDS/FOODS THAT ARE RED IN COLOR</b></p>	<p>Broth/Bouillon Jell-O Popsicles Coffee (without milk or creamer)</p>
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**LAXATIVE USE INSTRUCTIONS FOR AFTERNOON PROCEDURES**

It is important that you follow the instructions carefully and finish all of the preparation. Only a well-prepared colon will enable us to find all potential abnormalities and will make the procedure safer.

**PREPARATION/LAXATIVE: Take 2 Dulcolax tablets at noon.**  
**ON THE DAY BEFORE THE PROCEDURE** start drinking the laxative at 4 pm and finish 1/2 of it by 8 pm.

\*\*Try drinking it chilled and use a straw for easier intake. Don't drink it too rapidly.

**ON THE DAY OF THE PROCEDURE** drink the remaining 1/2 of the laxative from 6 am to 8 am.

**IMPORTANT REMINDERS BEFORE THE PROCEDURE**

1. You must remain on an empty stomach on the day of the procedure, with the exception of the laxative and clear liquids.
2. You may have clear liquids up to 3 hours before the procedure.
3. You may take the following medications on the day of the procedure:  
blood pressure medications  
anti-seizure medications  
heart medications
4. If you are insulin-dependent, you will take 1/2 of your evening dose the day before procedure. Bring your insulin and any diabetes medication with you to your appointment.

**BLOOD THINNING MEDICATIONS**

1. If you take aspirin daily, you will not stop taking it for any procedure
2. If you take one of the following medications, you will have specific instructions on when to stop taking it or if you will continue taking it:

- PLAVIX (CLOPIDROGEL)
- COUMADIN (WARFARIN)
- PRADAXA (DABIGATRAN)
- EFFIENT (PRASUGREL)
- XARELTO (RIVAROXABAN)
- AGGRENOX (TICLID)

Continue take your \_\_\_\_\_

You will hold your \_\_\_\_\_

for \_\_\_\_\_ days prior to the procedure.