

Some Reminders

1. You WILL need a driver for after the procedure.
NO Uber, Lyft, or Taxi.
2. Please remember to bring the following items:
 - Current Insurance Card and Photo ID
 - Co-Pay
 - Instructions
 - List of current medications
3. It is important you remain well hydrated after the procedure. You should try to drink at least 32 oz of clear liquids within 8 hours after.

YOUR PROCEDURE WILL TAKE PLACE AT:

- LOHMAN ENDOSCOPY CENTER
4381 E. LOHMAN AVE, STE A
LAS CRUCES, NM 88011 575-522-3220
- MEMORIAL MEDICAL CENTER
2450 S. TELSHOR 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:

Please notify our office at least **3 business days prior** to your procedure if you need to cancel or reschedule. A fee of **\$50 may be applied at doctor's discretion**. Please call our office if you have any questions or concerns 575-522-3220 or 575-522-7697.

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 PROCEDURE: Avoid fruits & vegetables (with seeds), nuts, corn, and beans

Preparing for a COLONOSCOPY (DAY BEFORE):

1. On the day before the procedure you may have a regular breakfast (no later than 10 am)
2. After breakfast you will start your clear liquid diet for lunch and dinner. You should drink at least 2 liters of clear liquids the day before your procedure.

Clear Liquids Include:

- | | |
|--------------------|---------------------------|
| Gatorade | Broth/Bouillon |
| 7UP/Sprite | Popsicles |
| Apple Juice or Tea | Coffee (w/o milk/creamer) |
| Kool-Aid | Jello |

**AVOID LIQUIDS THAT ARE:
RED, ORANGE, BLUE & PURPLE**

LAXATIVE INSTRUCTIONS FOR PM PROCEDURE:

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

PREPARATION/LAXATIVE (DAY BEFORE PROCEDURE): TAKE 2

DULCOLAX TABLETS AT NOON (Over the counter) Start drinking the laxative at 2pm and finish 1/2-3/4 by 8pm

DAY OF PROCEDURE: Drink the remaining 1/2-1/4 laxative from 6am to 8am.

IMPORTANT REMINDERS BEFORE THE PROCEDURE:

1. You must remain on an empty stomach on the day of procedure with the exception of the laxative and clear liquids.
2. You may have clear liquids up to **3 HOURS BEFORE** procedure.
3. You may take the following medications on the day of procedure:
 - Blood Pressure Medications**
 - Heart Medications**
 - Anti-Seizure Medications**
4. If you are insulin-dependant, you take 1/2 of your evening dose the day before procedure and bring your insulin to your procedure.
5. If you take diabetes pills, you will **NOT** take them the night before or day of procedure until **AFTER** procedure

BLOOD THINNING MEDICATIONS

1. If you take aspirin daily, you will **NOT** stop taking it.
2. If you take one of the following medications, you will have specific instructions on when to stop it **OR** if you will continue taking it:

PLAVIX (CLOPIDOGREL)	PRADAXA (DABIGATRAN)
COUMADIN (WARFARIN)	EFFIENT (PRASUGREL)
XARELTO (RIVAROXABAN)	AGGRENOX or TICLID

Continue to take your _____ on _____
Hold your _____ for _____ days prior to procedure.