

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. 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. Kai Noshirwani, 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/cream) |
| 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):

Start drinking the laxative at 2pm and finish $\frac{1}{2}$ - $\frac{3}{4}$ by 8pm

DAY OF PROCEDURE: Drink the remaining $\frac{1}{2}$ - $\frac{1}{4}$ 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 $\frac{1}{2}$ 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)	EFIENT (PRASUGREL)
XARELTO (RIVAROXABAN)	AGGRENOX or TICLID

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