



Prepopik

www.cgi-health.com

Your colonoscopy is scheduled for _____, please arrive at _____.

Your procedure is scheduled at

The Colonoscopy Center, Lansdale (815 Sumneytown Pike, Suite 110, Lansdale)

The Colonoscopy Center, Sellersville (817 Lawn Ave, Sellersville)

Grandview Hospital (700 Lawn Ave, Sellersville)

Einstein Hospital (559 W Germantown Pike, East Norriton)

Suburban Community Hospital (2701 Dekalb Pike, Norristown)

Your procedure will be performed by Dr. Markos Dr. Lukaszewski Dr. Nam
 Dr. O'Connor Dr. Sun Dr. Ortiz

Attached you will find the instructions for your bowel prep.

Prior to arriving, please review our patient rights and responsibilities at

www.cgi-health.com/rights.

If you are unable to access the patient rights and responsibilities (or you would prefer a hard copy), have any questions in regards to the prep, or if you need to change your appointment please contact _____ at 215-257-5071 ext _____.

When you arrive for your procedure, please bring both a photo ID and your insurance card(s) with you. You can expect to be here for approximately 1 ½ hours.

For our female patients between the ages of 18-57: On the day of the procedure you will be asked to provide the date of your last menstrual cycle and asked if there is any chance you could be pregnant. If uncertain, we advise you to take a pregnancy test prior to your arrival or your procedure will be cancelled.

Please no smoking the day of your procedure (cigarette, pipe, cigar, e-cigarette, and/or marijuana).

THE PREP

Note: Prescription Required

PRIOR TO YOUR PROCEDURE

Obtain your prescription from any local pharmacy.

Please note: Seeds, nuts, and the skins of fruits and vegetables interfere with our scoping equipment.

Please avoid eating these foods for 3 days prior to your procedure.

Peeled and deseeded fruits and vegetables are safe to eat.

If you are DIABETIC, please consult with the physician who regulates your medication so that they make the proper adjustments while you are on a liquid diet the day before your procedure.

THE DAY PRIOR TO YOUR PROCEDURE

NO SOLID FOOD IS TO BE EATEN THE DAY BEFORE YOUR PROCEDURE.

The following clear liquids are acceptable the day prior to your procedure: soup broth, bouillon soup, soda, iced tea, hot tea, black coffee (no milk, cream or non-dairy coffee additives, sugar is ok), water, ***non-red or purple*** colored juices (i.e. apple, white grape, white cranberry), strained lemonade, ***non-red or purple*** colored Kool Aid, Gatorade, Crystal Light, popsicles without ice cream, Italian water ice, and Jell-O.

Medications may be taken as usual on this day.

5PM: Fill the dosing cup with cold water up to the lower line (5 oz)
Pour in the contents of one packet & stir until dissolved. Drink it all.
Follow with 5 glasses of clear liquid (8 oz)

10PM: Repeat the steps listed above with the second packet of medication.
Follow with 3 8oz glasses of clear liquid.

MORNING OF YOUR PROCEDURE

NO FLUIDS 4 HOURS PRIOR TO YOUR PROCEDURE

You may take your heart and/or blood pressure medication at this time if necessary.

DRIVER NEEDED: If you do not have a driver you will have the option of either having the procedure done without sedation or you may reschedule for another day. Public transportation (cab, public or private transit vehicles, etc) is acceptable after your procedure **only** if you have a responsible adult to accompany you. An adult must remain with you for the remainder of the day.

You are not permitted to drive until the next morning.