

If your colonoscopy has been scheduled for screening (meaning you have no symptoms with your bowels)*, AND your doctor finds a polyp or tissue that has to be removed during the procedure, the colonoscopy is no longer considered a screening procedure, it is considered a surgical procedure and your insurance benefits may change. Please check with your insurance company prior to starting the bowel preparation.

***Symptoms such as change in bowel habits, diarrhea, constipation, bleeding, anemia, etc.**

Some insurance companies may not cover this procedure. Contact your insurance company by calling the phone number on your insurance card.

Some insurance companies require a pre-authorization for the facility and the procedure. As a courtesy we will try to get the authorization but it is ultimately the patients' responsibility to make sure this is done.

If you are unable to keep your scheduled procedure please call our office.

A cancellation fee of \$200 may be billed to you if you do not keep your procedure appointment without a 72 hour notice.

Salem Endoscopy Center, LLC, is owned and operated by the physician shareholders of Salem Gastroenterology Consultants, P.C. who assume the responsibility for providing the highest quality of endoscopic care in a friendly, comfortable and confidential environment.

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SALEM GASTROENTEROLOGY CONSULTANTS

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P.M.

***NULYTELY and Dulcolax tablets
COLONOSCOPY PM PREPARATION***

**Nulytely (Generic name is Trilytely)
is available by prescription only.
Dulcolax 5mg tablets are available over-the-counter in the laxative
section of the store.**

_____ **Salem Endoscopy Center** located at:
Salem Hospital Campus
875 Oak Street S.E., Building C, 3rd floor
Suite 3095
www.salemgastroenterology.com

_____ **Salem Hospital Endoscopy Lab** located at:
Salem Hospital Campus
875 Oak Street S.E., Building C, 2nd floor
www.salemhospital.org

Date of exam: _____ Check in time: _____

Please call 503-399-7520 with any questions.

COLONOSCOPY PREPARATION INSTRUCTIONS

ONE WEEK BEFORE PROCEDURE: _____

Medications & diet: ** Please read carefully ******

- Stop taking **IRON pills, vitamins or herbal supplements in pill form one week prior to your procedure.**
- **Avoid eating food with seeds, flax seed, popcorn, nuts, and berries.**
- **Do not eat fat-free products containing OLEAN or OLESTRA.**

Take your usual prescription medication during the preparation UNLESS stated by our physician.

You may continue Aspirin.

EXCEPTIONS:

1. Ask for special instructions if you take major blood thinners such as:

Coumadin, Warfarin, Plavix, Aggrenox, or Ticlid.

2. If you take insulin or other diabetic meds please ask for special instructions._____

THREE DAYS BEFORE EXAM: _____

STOP TAKING FIBER SUPPLEMENTS Metamucil, Citrucel, etc.

TWO DAYS BEFORE EXAM: _____

-You may eat light meals today until 5:00p.m. Avoid fatty food and red meat. **NO SOLID FOOD AFTER 5:00p.m.**

5:00pm: Begin clear liquid diet: water, coffee, tea, (NO milk or creamers) clear fruit juices, (no pulp or cloudiness), Soda pop, Gatorade, Bouillon, Popsicles, JELL-O, **Avoid the color red.** Avoid alcohol.

At Bedtime: Take 2 Dulcolax tablets with a glass of water. (Do not chew or dissolve tablets)

ONE DAY BEFORE EXAM: _____

- Continue clear liquid diet all day. **NO SOLID FOOD.**

12:00 noon: Take 2 dulcolax tablets with a glass of water. (Do not chew or dissolve tablets)

Stay near your restroom from this point on

4:00 p.m. - Choose 1 flavor packet from the top of your gallon then fill your Nulytely container with water to the fill line. Drink 1/2 of the container (2liters) over 2 to 3 hours (one glass every 10 to 15 minutes). Nausea and fullness is common until the laxative starts to work. If you vomit during the prep wait 30 minutes, try again and go slower.

Keep remaining Nulytely in the refrigerator if you prefer it cold.

DAY OF EXAM: _____ Check in time: _____

6:00 a.m. - Drink the remaining 1/2 of the Nulytely over 2 to 3 hours. You must finish drinking entire gallon at least 4 hours before you leave for your appointment.

- Continue clear liquid diet up until one hour before your exam and then nothing by mouth until after your procedure.

Wear loose comfortable clothing.

-Please keep personal valuables at home.

-Bring your insurance cards due to separate billing.

- Bring your current medication list with dosages and frequency and drug allergy list.

I.V. sedation will be given to you for this procedure. You must bring a driver to be available in the waiting area during and after the procedure to review your release instructions with the physician after the procedure. You will be here approximately 2 to 3 hours. You can not take a bus, walk home or operate heavy machinery. Do not drive until the following day.