

# Colorectal Surgery Associates, P.C.

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Diplomate ABCRS and ABS

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## INSTRUCTIONS FOR COLONOSCOPY USING 'VISICOL' PREP:

**PRIOR TO THE DAY BEFORE THE EXAM:** YOU NEED TO GO TO THE PHARMACY AND FILL THE PRESCRIPTION FOR 'VISICOL'. YOU WILL ALSO NEED TO PURCHASE 4 DULOCAX PILLS AND GINGER ALE.

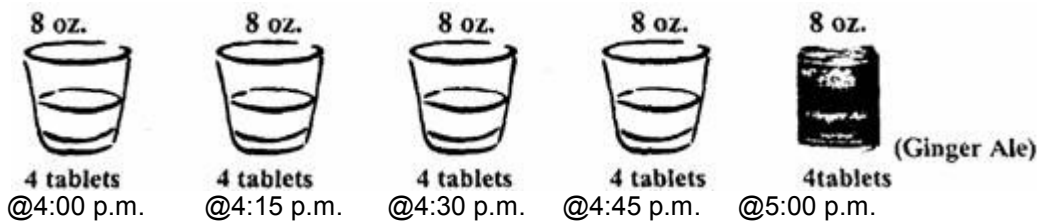
1. TWO WEEKS PRIOR TO YOUR PROCEDURE STOP ALL HERBAL AND WEIGHT LOSS PILLS, including Diet pills, such as METABOLIFE. ONE WEEK BEFORE SURGERY STOP ALL OVER THE COUNTER MEDICATION. (CALL 816-941-0800 FOR ANY QUESTIONS ON WHETHER YOU SHOULD TAKE ANY NON-PRESCRIPTION MEDICATION)
2. CALL OUR OFFICE IF YOU ARE TAKING ANY OF THE FOLLOWING MEDICATIONS: Ticlid, Plavix, Persantine, or Coumadin. PLEASE CALL THE DOCTOR WHO PRESCRIBED ANY OF THE ABOVE BLOOD THINNING MEDICATIONS AND GET THEIR PERMISSION TO STOP THESE MEDICATIONS BEFORE YOUR PROCEDURE. PLEASE CALL US IF THERE IS ANY PROBLEM WITH STOPPING ANY OF THE ABOVE MEDICATIONS. WE MAY NOT BE ABLE TO DO YOUR PROCEDURE WITHOUT ADJUSTING THE DOSAGE OF THESE MEDICATIONS
3. 7 Days Before Examination: Stop all aspirin or aspirin containing products, Fish Oil, Vitamin E, Cardiotabs and any over counter medications.
4. **SPECIAL INSTRUCTIONS FOR DIABETICS:** Your insulin dosage may need to be adjusted during your prep and on the day of the procedure. Please call your primary care physician and get instructions on changes in your regular routine.

## DAY BEFORE EXAMINATION INSTRUCTIONS:

**Drink only clear liquids:** Solid foods, milk or milk products are not allowed. Clear liquids include: Strained fruit juices without pulp, water, clear broth or bouillon, coffee or tea (without milk or non-dairy creamer. Jell-O is OK with no fruit in it. Avoid any red or purple colored products in your diet that day, it may be eliminated in your intestine and affect the examination.

FIRST DOSE-20 Visicol Tablets:

Begin the first dose at the start time below. Take 4 tablets every 15 minutes with at least 8 oz. of clear liquid (water, clear carbonated beverage, clear juice, etc) until you have taken 20 tablets. Drink 8oz of Ginger Ale with last 4 tablets. Start time: 4:00 p.m.



**SECOND DOSE-8 Visicol Tablets:**

Begin the second dose at the time below. Take 4 tablets every 15 minutes with at least 8 oz. of clear liquids as shown until you take all 8 tablets. Drink 8oz. of Ginger Ale with the last 4 tablets.

**Start time: 8:00 p.m.**



4 tablets

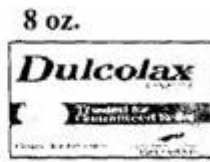
@8:00 p.m.



(Ginger Ale)

4 tablets

@8:15 p.m.



At bedtime : Take 4 Dulcolax tablets

with 8 oz. liquid when stool has become clear

**DAY OF EXAMINATION::**

1. Continue clear liquid diet. Do not have anything by mouth 4 hours prior to your procedure start time.
2. **YOU MAY TAKE YOUR HEART, LUNG, OR BLOOD PRESSURE PILLS (take them prior to 4 hours before procedure time)**
3. Report to the hospital as instructed above.

**Instructions after Colonoscopy:**

1. Resume diet as tolerated unless otherwise indicated by Doctor.
2. Resume all medications except Aspirin or Aspirin containing products for 7 days if polyps were removed during your colonoscopy. The use of aspirin may increase the chances for bleeding after removal of polyps.
3. **If any biopsies were taken or polyps were removed during your colonoscopy, please call our office (816-941-0800) in one week for the report on this.**

**IMPORTANT:**

You must have someone drive you home from the hospital. You cannot drive due to the medication you received during the procedure. If this is a problem please let the office know prior to the day of the test. If you have any questions about this prep, please call 816-941-0800.