

# DIGESTIVE DISEASE SPECIALISTS, INC.

Northwest (Baptist Medical Center) Office  
**Dan W. Smith, MD**  
3366 NW Expressway, Suite 400  
Oklahoma City OK 73112  
(405) 702-1300 or Toll-Free: (800) 787-6177

NAME: \_\_\_\_\_

DATE OF PROCEDURE: \_\_\_\_\_

ARRIVAL TIME: \_\_\_\_\_

PROCEDURE TIME: \_\_\_\_\_

**1 Ambulatory Endoscopy Center**  
North AEC, Baptist Phys Bldg D  
3366 NW Expressway, Ste 400  
Oklahoma City, OK 73112

**2 Integris Baptist Medical Center**  
3300 NW Expressway  
Oklahoma City, OK 73112  
Check in at Outpatient Registration

## COLONOSCOPY

IT IS NECESSARY for you to make arrangements **AHEAD OF TIME** for someone to accompany you to your appointment. This person must be able to drive you home and must be able to stay in the facility during the procedure. **IF YOUR INTENTIONS ARE TO TAKE A TAXI CAB HOME, YOUR PROCEDURE WILL BE CANCELLED.**

A colonoscopy allows direct visualization of the inside of the rectum and colon. The examination is performed as a single procedure with a flexible instrument. It is done for screening, to aid in the evaluation of your symptoms, or to clarify an abnormality seen on an x-ray. It is possible to remove a polyp or to take a biopsy during this examination.

**Stop aspirin, baby aspirin, Mobic, Coumadin, Plavix, and iron three (3) days prior to procedure. Stop Naproxen three (3) days prior. If you are diabetic and take insulin, you should consult with the doctor who monitors your diabetes to see if your insulin dose should be adjusted. Do not take your oral diabetic medication(s) the day of your procedure.** All other medications, such as blood pressure medications, should be taken as usual. Avoid consuming any whole-kernel corn for three days prior to your procedure.

*For the doctor to have a clear view of your colon, it is essential that the colon be completely free of stool. Therefore you must complete a bowel regimen as follows:*

**THE DAY PRIOR TO YOUR PROCEDURE:** \_\_\_\_\_

- Drink only clear liquids for breakfast, lunch and dinner. Clear liquids include: strained fruit juice (apple, cranberry or grape only), clear broth (beef, chicken, vegetable), Jell-O (NO RED JELL-O), popsicles, coffee tea, Gatorade, or carbonated drinks like Coke, Dr. Pepper, or 7-UP. NO MILK, CREAM OR ANY SOLID FOOD. You may have Ensure (be sure to get the one without fiber).
- At 6 p.m., start taking the GoLYTELY, NuLYTELY or CoLYTE prep as instructed. It will take approximately 3-4 hours to complete. Be sure to drink the entire amount. If you wish to start your prep earlier than 6 p.m., that is fine. You may start as early as 2 p.m.
- If you become nauseated while drinking your prep – take a break for ONE hour – then start drinking again.
- If your rectal area becomes sore or irritated, we suggest using a moist towelette, such as Wet Wipes, Tucks, or Baby Wipes rather than toilet tissue to cleanse yourself during the preparation. Nupercainal Ointment can be purchased at any drugstore and is very helpful for rectal discomfort if it becomes bothersome.

**THE MORNING OF YOUR PROCEDURE:** \_\_\_\_\_

- Give yourself one plain Fleet's Enema. You may have a clear liquid diet until \_\_\_\_\_.  
Do not eat anything until after your exam.

If you experience any problems during your bowel prep, please call the office. There is always a physician on call after hours.