

CLINIC FOR COLON AND RECTAL SURGERY, P.A.

115 Manning Drive, Suite D101, Huntsville, AL 35801

Phone (256) 533-6070 Fax (256) 533-9374

www.ccrshsv.com

****Please read upon receipt****

Any questions, please call (256) 533-6070, ask to speak to the Scheduler.

William R. Nuessle, M.D., F.A.C.S. Robert H. Campbell, Jr., M.D., F.A.C.S. Javad Golzarian, M.D., F.A.C.S.

Stephen F. Clark, M.D., F.A.S.C.R.S. Blake Spindler, M.D., F.A.C.S.

*****A minimum of a 2 business day notification required for cancellation.
Failure to cancel will result in a \$50.00 charge.*****

You are scheduled for:

_____Huntsville Hospital Main. Report to Admitting, 1st floor (256-265-8000). Please be prepared to provide your insurance information.

_____Huntsville Hospital Women and Children (Huntsville Hospital East). Report to Admitting, 1st floor (256-265-7788). Please be prepared to provide your insurance information.

_____Crestwood Medical Center. Report to Admitting/Registration (256-429-4878). Please be prepared to provide your insurance information.

_____The Surgery Center, 721 Madison Street. Report to the front desk (256-533-4888). Please be prepared to provide your insurance information.

YOUR PROCEDURE DATE IS:_____.

YOUR CHECK-IN TIME IS:_____.

**Please be advised that if you have had any changes in your insurance since we last saw you, we will need to get a copy of your card and be notified of those changes. The medical facility where the procedure will be done does not supply us with that information. Incorrect billing information delays claim status and will result in your being billed for the procedure.*

CLINIC FOR COLON AND RECTAL SURGERY, P.A.

115 Manning Drive, Suite D101, Huntsville, AL 35801

Phone (256) 533-6070 Fax (256) 533-4839

www.ccrshsv.com

SUPREP Preparation for Colorectal Procedures and Surgery

****Please read upon receipt****

Any questions, please call (256) 533-6070, ask to speak to the **Scheduler**

PLEASE READ THE FOLLOWING INSTRUCTIONS CAREFULLY AT LEAST TWO WEEKS BEFORE YOUR PROCEDURE.

Prescribed medications for heart disease, high blood pressure, thyroid, and asthma may be taken prior to your procedure with a sip of water. All other medications, including diabetic medications, should be brought along with you to be taken after your procedure.

DO NOT take aspirin or aspirin-type products, such as ibuprofen, Advil, Aleve, Nuprin, Motrin, Naprosyn, etc., **for at least one week prior to your procedure.** You may take Tylenol. If you are on any blood thinning medications, please contact the physician who has prescribed it for you for further instructions. Examples of blood thinners include:

- Advil
- Aggrenox
- Agrylin
- Aleve
- Aspirin
- Coumadin (Warfarin)
- Effient
- Heparin
- Ibuprofen
- Lovenox
- Persantine
- Plavix
- Pradaxa
- Ticlid
- Xarelto

Please advise the physician if you have a prosthetic heart valve or if you have a serious heart murmur. Also, please advise the physician if you have had any cardiac procedures within the last year.

5 days before your colonoscopy

Stop taking supplements

These include: iron pills, vitamin E, fiber supplements (Metamucil, Citrucel, Fiberall), and herbal supplements (echinacea, ginkgo biloba, ginseng, fish oil).

CLINIC FOR COLON AND RECTAL SURGERY, P.A.

115 Manning Drive, Suite D101, Huntsville, AL 35801

Phone (256) 533-6070 Fax (256) 533-4839

www.ccrshsv.com

Clear liquids day before, **NOTHING** to eat or drink after midnight the night before the procedure.

Two (2) days prior to your procedure, eat light (less than normally), soft foods, no meats or raw vegetables. Fish and Seafood are ok. This will make your prep easier.

The Day Before the Procedure:

Stop eating solid food. No Alcoholic beverages.

At 4pm – start 1st does:

1. Pour ONE (1) 6 oz bottle of SUPREP liquid into the mixing container.
2. Add COOL drinking water to the 16 oz line on the container and stir to mix.
3. Drink **ALL** the liquid in the container. **(Please use a straw.)**
4. You must drink an additional 32 oz of clear liquid over the next 1 hour.

At 8pm – start 2nd does:

- Follow steps 1-4 above.
- Continue to drink as much clear liquids as possible until bedtime.
- Starting at midnight, you may have nothing by mouth, including water.

*Clear Liquids Include:

- Broth or bouillon
- Clear juices: apple, white Grape, or white cranberry
- Italian ices
- Fruit-flavored drinks: Crystal Light
- Honey
- JELL-O
- Plain coffee and tea
- Popsicles
- Soda: ginger ale, cola, Sprite, 7-Up
- Sports drinks: Gatorade. Powerade
- Water

No red, blue, orange, or purple colors.

The Morning of the Procedure:

DO NOT have anything to eat or drink upon arising the morning of your procedure. It is okay to take your blood pressure, heart disease, thyroid, or asthma medications with enough water to swallow the medications.

DO NOT chew gum or chew tobacco anytime before your procedure.

DO NOT take diabetes medication ***WITHOUT PRIOR INSTRUCTION*** from your primary care physician (your dosage may have to be adjusted).

- Wear loose comfortable clothing
- Leave jewelry and valuables at home
- If your meds have changed, bring meds list with milligrams and quantity
- Bring photo ID and insurance card

COLONOSCOPY

www.ccrshsv.com

Colonoscopy refers to the visual examination of the large intestine. It is performed with a flexible videoscope. The scope is advanced through the large intestine under direct vision using the scope's optical system. The procedure is viewed on a TV monitor. Photographs may be taken.

For adequate examination, special preparation of the bowel is required. Intravenous sedation is given and most people sleep through the procedure and have no recall of it. **Accordingly, after the procedure, you must have someone available to drive you home. You are not allowed to use public transportation to get to and from your procedure. The Clinic and Hospital policies state you cannot drive yourself home nor take public transportation after sedation for the procedure. Failure to follow these policies will result in your procedure being cancelled.** Colonoscopy allows visualization of the entire large bowel in over 95 percent of cases. It combines the advantages of examination, diagnosis (biopsies can be taken), and treatment (polyps can be removed) into a single procedure.

The procedure is safe. However, in rare instances, complications can occur which require surgery. Perforation of the bowel occurs in about one of 2,000 diagnostic procedures. Perforation can be due to the passage of the instrument in difficult cases and can follow the removal of polyps. Bleeding occurs after the removal of polyps in 1% of cases. This can usually be managed without surgery. The procedure should be done, therefore, only for sound indications.

Colonoscopy is an outpatient procedure. Patients return home afterwards and usually resume normal activities the following day. Diet is usually unrestricted after colonoscopy.

For more information on colonoscopy and on screening for colorectal cancer, please see our web site at **www.ccrshsv.com**.