

# COLONOSCOPY PREPARATION

## *GENERAL IMPORTANT INFORMATION REGARDING YOUR PROCEDURE*

### One week before exam:

If you take blood thinners such as **Coumadin or Plavix**, or diabetes medicines such as insulin, please notify our office for specific instructions.

### Four days before your exam make these changes:

Continue your medicines as usual, except for Coumadin or Plavix. **It will be necessary for you** to contact the physician who prescribes your Coumadin or Plavix to obtain clearance to discontinue medication.

Avoid the following foods: corn, peas, lima beans, large hard seeds such as grape seeds, and nuts. An error won't cancel the exam, but you will clean out better if you omit them.

### The day of your exam:

Take your heart and/or blood pressure medicines with water. Do not take diuretics (water pills) unless in combination with blood pressure pills. **Do take** any anti-seizures medicines.

**A responsible adult must take you home. Taking the bus, Metro, or taxi alone is not permitted.** For the remainder of the day you may not drink alcohol, make legal decisions, or use hazardous equipment. This means that you **absolutely may not** drive a car, even though in your opinion you are safe to do so. Remember, your judgment and coordination are impaired.

### After your exam:

It is not unusual for you to have some cramping after the exam. Passing gas will relieve this and you should feel normal. It would be abnormal for you to experience the following: fever, bleeding, vomiting, or abdominal pain. Please call our office number (713-461-1026 or 713-467-4432) if you experience these symptoms within 7-10 days after your procedure.

***NOTE: If your colonoscopy has been scheduled as a screening examination, you may have “wellness” benefits that provide coverage at a better rate than your standard insurance coverage. If, however, during your examination your doctor finds a polyp or other abnormality, it will be necessary to code your colonoscopy as a therapeutic (not screening) examination. We cannot code a therapeutic procedure, i.e. removal of polyps, as a screening examination, even though that was the original intent of the exam. Please understand that this may change your coverage. Please check with you insurance carrier prior to your exam if you have questions. We are required to code and bill the procedure that was performed regardless of the original indication.***