

Pre-procedure Instructions

11200 N. Portland Ave. • Oklahoma City, OK 73120

Medical or Prep Instruction Questions about Endoscopy Procedure Call 405-936-1300

Questions about your appointment time, consultation or insurance 405-936-1359

After hours nurses desk, call for on call endoscopy nurse 405-936-1550

Dr Deborah Blalock 405-272-8400 or Dr Kenneth Seres 405-702-1300

Check in at the desk in the 1st floor lobby **1 HOUR** before procedure time or **15 minutes** before consult.

YOU CANNOT DRIVE AFTER MEDICATION IS GIVEN TO SEDATE YOU. SOMEONE MUST ACCOMPANY YOU TO DRIVE YOU HOME AFTER THE PROCEDURE.

Please be aware that due to cancellations your procedure time is subject to change

FIVE DAYS BEFORE THE PROCEDURE

- Stop taking all herbal, diet supplements, vitamins; all anti-inflammatory pain medications such as Naproxen Sodium products; Ibuprofen (Motrin, Advil); and Aspirin or Aspirin containing products such as Alka-Seltzer, Pepto Bismol, etc.
- **AS SOON AS POSSIBLE AFTER SCHEDULING YOUR PROCEDURE PLEASE CONTACT YOUR PRESCRIBING PHYSICIAN BEFORE STOPPING ANY TYPE OF PRESCRIBED BLOOD THINNING MEDICATIONS** such as Coumadin, Plavix, Warfarin, etc. We need verification and approval from your prescribing physician to stop these medications 5 days before your procedure. **NOTIFY OUR NURSE AT 405-936-1300 if you are taking these medications.** We made need you to arrive 2 ½ hours prior to procedure if PT/INR labs are required.
- **SPECIAL INSTRUCTIONS FOR DIABETIC PATIENTS** Please call prescribing physician **as soon as possible after scheduling procedure** and review dosing instructions for day of procedure that are listed below. If your physician has any questions, they may contact us at 936-1300 or fax 936-1352.

THREE DAYS BEFORE THE PROCEDURE

- Stop taking Celebrex, Mobic, Bextra, or generic forms of NSAIDS.

THE DAY BEFORE THE PROCEDURE

- Start a clear liquid diet and continue clear liquids throughout the day. **Do not fast! Follow Clear Liquid Diet instructions closely.**
- Optional: Buy hemorrhoid ointment or cream and hemorrhoid wipes (apply ointment or cream to skin before you start your bowel prep). This will act as a barrier and help protect your skin.
- May use water in a peri-bottle rinse after bowel movement and pat dry.
- Please make sure you have picked up your prep from pharmacy and follow prep instructions.

MORNING OF THE PROCEDURE

- **Do not drink or eat anything after midnight unless instructed otherwise.** If you take routine blood pressure, heart, anti-seizure medications or diuretics (water pill or combination of blood pressure/water pill) please talk to your scheduling nurse or physician for dosing instructions for the prep day and procedure day.
- If you have had a heart valve replacement, or a doctor has told you that you require antibiotics prior to a dental procedure, please let us know when you check in the morning of your procedure.

*****SPECIAL INSTRUCTIONS FOR DIABETIC PATIENTS*****

1. Do not take Regular Insulin. Take ½ NPH Insulin dose (long acting insulin).
2. Bring a snack.
3. 30 to 60 minutes after your procedure eat a meal and take the remainder of your insulin dose.
4. **DO NOT** take oral diabetic medications morning of procedure. Bring them with you to take immediately following procedure.

For more information on the endoscopy procedures and prep instructions please go to our web site: www.lakeside-wh.com and click on "**gentle colonoscopy**".