

# **College Heights Endoscopy Center**

3147 College Heights Blvd., Allentown, PA 18104

## **Tips for a successful preparation**

### **When undergoing a Colonoscopy:**

- \* Be familiar with bowel preparation instructions several days prior to procedure.
- \*Follow the specific "prep" instructions provided by the physician's office. **DO NOT** follow the instructions on the box.
- \*To assist in taking the liquid prep and make it easier to swallow, you may drink it through a straw.
- \*In addition to the prep itself, you are encouraged to drink at least 4 liters, (128 ounces or 1 gallon) of **CLEAR** liquids throughout bowel prep in order to maintain adequate hydration. Gatorade/Powerade are preferred. **(NO RED).** **ALCOHOL IS NOT** to be consumed the day before the procedure or the day of the procedure.
- \***DO NOT** consume corn, nuts or seeds 48 hours prior to colonoscopy.
- \*Some anal irritation may occur while "prepping". If so, you may use the following "over the counter" remedies as directed: Vaseline, A&D ointment, baby wipes, Desitin, TUCKS pads, Balmex.
- \*If you should encounter a problem while taking your prep, or if you have any questions or concerns, please call your physician's office. A provider is on call 24 hours a day to assist you.

**Gastroenterology Associates : 610-439-8551 OR Colon Rectal Surgical Associates: 484-788-0852**

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## **Tips for a successful procedure**

**When undergoing a procedure involving sedation:**

**\*Due to receiving sedation, you will not be allowed to leave the facility unaccompanied. Please make arrangements to have someone drive you home after the procedure. Public transportation such as TAXI, UBER, LYFT, PUBLIC BUS,LIMOUSINE SERVICE is UNACCEPTABLE, unless accompanied by an adult other than the driver. Without an acceptable mode of transportation, your procedure will be cancelled for your safety and the safety of others. Please contact the center at the number above for information on acceptable transportation options.**

**\*Dietary Restrictions are as follows:**

-Clear liquids allowed(including prescribed colon prep)up to 4 hrs prior to scheduled arrival time.  
-Nothing to drink (or eat), no hard candy, chewing gum, mints, etc. beginning 4 hrs before scheduled arrival time (except necessary meds-see below).

**\*Medications:** You may receive special instructions about what medicines are to be avoided. Refer to prep instructions or call your provider with questions.

-It is recommended to take the following necessary medications with a sip of water, no later than 2 hours before scheduled arrival time (For example: If arrival time is 7am, nothing by mouth after 5am):

\*Blood Pressure/Heart Medications (except water pills/diuretics)

\*Seizure Medications

\*Anxiety Medications

\*Chronic Pain Medications

**\* Guidelines For Marijuana Use in Any Form\***

-Medicinal : May be taken up until midnight prior to the procedure

-Recreational: Should not be taken the day before the procedure or the day of the procedure

**IF ANY OF THE ABOVE DIETARY OR MEDICATION RESTRICTIONS ARE NOT FOLLOWED,  
YOUR PROCEDURE MAY BE DELAYED OR CANCELLED FOR SAFETY REASONS .**

**\* CHANGE OF HEALTH STATUS:** If any significant health changes occur between the time of your office visit and the date of your procedure, please notify the center at 610-841-2432, to be sure it is appropriate to have scheduled procedure performed.

**\* In the event of a medical emergency, there may be a need for you to be transported to the hospital for further treatment and evaluation.**

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