

Key West Surgical Group, Inc.

Juan M. Larrauri, MD, FACS † Rhoda M. Smith, MD, FACS † Lawrence W. Blass, MD

General and Laparoscopic Surgery

DIPLOMATES, AMERICAN BOARD OF SURGERY

www.keywestsurgicalgroup.com

3136 NORTHSIDE DRIVE
KEY WEST, FL 33040

TELEPHONE: 305.294.1041
FACSIMILE: 844.697.0717

Important Information Regarding Your Upcoming Colonoscopy

WE KINDLY ASK THAT YOU PLEASE READ THIS DOCUMENT THOROUGHLY AND CAREFULLY BEFORE CALLING THE OFFICE

Your Surgeon: **RHODA M. SMITH, MD OR LAWRENCE W. BLASS, MD**

Place of Service: **Surgery Center of Key West OR Lower Keys Medical Center**
931 Toppino Drive, Key West, FL 33040 5900 College Rd, Key West, FL 33040

Date of Procedure: _____

******YOU WILL NEED A RESPONSIBLE ADULT TO DRIVE YOU TO & FROM YOUR PROCEDURE AND REMAIN WITH YOU FOR 24 HOURS AFTER YOUR PROCEDURE******

(A TAXI/UBER/LYFT IS NOT AN ACCEPTABLE MODE OF TRANSPORTATION)

The facility will call you 1-2 days prior to your procedure to review your medications & medical history.
The facility will also tell you what time you will need to be there on the day of your procedure.

ITEMS TO PURCHASE OVER THE COUNTER ONE WEEK BEFORE THE PROCEDURE:

- Miralax in a large bottle (8.3 oz or 238 grams)
- 4 Dulcolax Laxative Tablets (5mg tablets)
- 1 Fleet Enema (saline)
- 64 oz bottle of Gatorade or similar **clear liquid**. If you are diabetic, purchase a low calorie drink (ie Crystal Light) No red colors or flavors.

Optional: You may want to purchase a barrier cream (ie. Desitin, Vaseline) to apply to your rectal area during your prep.



5 DAYS BEFORE YOUR PROCEDURE: Stop taking or do not ingest any of the following: (unless otherwise directed)

- Plavix
- Coumadin
- Warfarin
- Eliquis
- Xaralto
- Iron tablets
- NSAIDs (Aspirin, Ibuprofen, Motrin, Aleve, Naprosyn)
- Vitamin E
- Fish Oils
- Corn
- Popcorn
- Fiber Supplements
- Metamucil
- Citrucel
- Fiberall

THE DAY BEFORE YOUR PROCEDURE: Drink only **clear liquids**. Do not eat any solid foods or milk products until after your procedure.

Acceptable Clear Liquids Include:

- Water
- Strained fruit juices (no pulp)
- Popsicles
- Soft drinks
- Gatorade
- Clear broth or bullion
- Jello
- Coffee (no milk or cream)
- Tea (no milk or cream)

FOLLOW THIS SCHEDULE THE DAY BEFORE YOUR PROCEDURE:

- 1:00 PM Mix the entire bottle (8.3 oz) of Miralax with 64 ounces of clear liquid, shake to dissolve the powder and refrigerate
- 4:00 PM Drink 1/2 of the Miralax and liquid mix (32 ounces)
- 6:00 PM Drink the second 1/2 of the Miralax and liquid mix (32 ounces)
- 8:00 PM Take 4 5mg Dulcolax tablets with 8 ounces of water

THE MORNING OF YOUR COLONOSCOPY:

- Administer the fleet enema **1 hour** before going to the facility.
- Do not eat or drink anything until your procedure is completed.
- You may take your routine morning medications **as instructed by the physician** with a small sip of water. *Only take the medications approved by your surgeon: no blood thinners, NSAIDS, fish oil, etc. unless otherwise instructed.*
- You will need to have an adult with you to take you home from your procedure and remain with you for 24 hours after your procedure. You will not be permitted to leave by yourself. (a taxi, Uber, Lyft, etc. is not an acceptable form of transportation)
- Expect to be at the facility 2-4 hours for the procedure and recovery time.

GENERAL INFORMATION: You have been scheduled to have an exam called a colonoscopy (lower GI series) This procedure allows the doctor to examine the inside of the entire colon with an instrument call a colonoscope. Colonoscopy has become an important way to examine the inside of the entire colon directly.

BEFORE THE PROCEDURE: Before the procedure begins, an IV is placed to access your vein for fluids. You will also be given some medication through the IV which will make you relax and sleep through the procedure.

THE PROCEDURE: The procedure will begin with you lying on your left side. The colonoscope will be lubricated thoroughly and inserted gently through the anus and into the colon. The instrument will be advanced through the entire colon for a thorough exam. You will not be too aware of what is happening.

AFTER THE PROCEDURE: When the procedure is complete, the relaxing medicine is stopped. Within a few minutes you will be awake. The procedure usually takes about 30-45 minutes. Many patients remember so little of the procedure that they think it took only several minutes, or they may not remember the procedure at all. Your blood pressure, pulse, and breathing will be monitored until they are stable. When you are alert, you should be able to go home with a responsible adult.

RISKS MAY INCLUDE: Although uncommon, complications from the procedure can include: Adverse reaction to the sedation, bleeding and possible perforation in the areas where the colonoscope was passed.

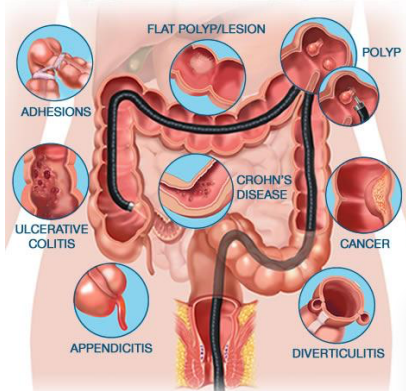
If you have any of the following signs or symptoms after your procedure, call the office at:

305-294-1041 X 103

Either Elizabeth Moyer, RN or Jamie Strunk, RN will be available to assist you.

CALL IF YOU:

- HAVE ANY ADDITIONAL QUESTIONS ABOUT THE PROCEDURE OR THE PREP
- DEVELOP ANY ABDOMINAL PAIN
- DEVELOP ANY BLEEDING
- DEVELOP A FEVER HIGHER THAN 100°F
- DEVELOP ANY UNUSUAL SIGNS OR SYMPTOMS



COLONOSCOPY RESULTS:

A negative result means the doctor can't find any abnormalities in your colon.

You may be recommended to take test after ten years if you're at average risk of colon cancer.

A positive result means that there are abnormal tissues or polyps in your colon.

A sample of these will be sent to a lab for study to determine if they're malignant (precancerous or cancerous) or benign (non-cancerous).

YOU WILL BE NOTIFIED BY LETTER, PHONE OR BY A SECURE COMMUNICATION THROUGH THE PATIENT PORTAL OF YOUR RESULTS.

****PLEASE NOTE THAT THIS PROCESS CAN TAKE UP TO 4 WEEKS****