

PRE-SURGERY INSTRUCTIONS FOR ADULTS-Colonoscopy/Combo

Patient: _____

Pre-op Appointment Date: _____ **Arrival Time:** _____

Pre-op Provider: _____ **Facility:** _____

*Your pre-op appointment must be within 45 days of your surgery date. If your pre-op appointment is changed for any reason, please let us know as your surgery date is subject to change as well.

Date of Surgery: _____

Surgery Arrival Time:

- You will be contacted with your arrival time 1 business day prior to your surgery date

Surgeon: Dr Kara Sullivan

Surgery Location:

- ☐ Mankato Surgery Center (Wickersham Health Campus) 1411 Premier Dr. Mankato

Prior to Surgery:

- 7 days prior to surgery: **DO NOT TAKE:** aspirin, Ibuprofen, fish-oil or vitamin E supplements unless otherwise specified by your primary doctor. You may take Tylenol, if needed.
- You will need someone to drive you home after surgery.
- Nothing to eat or drink after midnight the night before surgery, unless otherwise instructed by pre-op nurse from surgical facility with exception to the Colonoscopy Prep instructions, attached.
- Follow Colonoscopy Prep attached to these instructions. Your procedure may be cancelled if you are unable to follow the diet instructions.
- Shower the night before AND the morning of surgery with soap. Apply clean bed linens, pajamas, and clothing after showering.
- Leave all valuables/jewelry at home (remove all piercings).

Patient Admissions will contact you a few days prior to surgery with a few general medical questions and to go over your surgery instructions. For Mankato Surgery Center, you may pre-register for your surgery at One Medical Passport website <https://www.onemedicalpassport.com/?fid=1032> For questions with the Mankato Surgery Center online registration, please call 507-388-6000.

*The Mankato Clinic recommends you contact your insurance company if you have questions about coverage for these services. Please be advised that you will receive charges for services from Mankato Clinic, anesthesiology and from the surgical facility.

Follow Up Appointment Date: _____ **Arrival Time:** _____

Provider: Dr. Sullivan **Facility:** _____

If you have questions or need to reschedule, please contact Patient Services at 507-385-3955.

Prepare Yourself	7 Days Before	5 Days before	1 Day Before	Day of Procedure
<ul style="list-style-type: none"> You are scheduled for a sedated procedure. Do not drive or operate machinery for 12 hours after your procedure. A responsible driver is required to drop you off for your procedure. We will contact them when you are in recovery to come and pick you up. We recommend that someone remain with you for 12 hours after you are discharged. You are not allowed to take a taxi, a bus or walk home. Bring a list of current prescription and over the counter medications and herbal supplements. Include the dosage and number of times taken each day. If you are diabetic, you may need to check your blood sugar more often. If you have a prescription inhaler at home, please bring this along with you to your appointment. Wear a short sleeved shirt and loose fitting, comfortable clothes. Please inform your healthcare provider if you are or could be pregnant. 	<ul style="list-style-type: none"> Go to the Pharmacy and ask for your prescribed prep medications, which includes GoLytely, 4 Bisacodyl or Senna tablets and 6 gas relief chewable tablets- Simethicone or Gas-X. <p>Let the Pharmacist know it's for a Colonoscopy. Follow the instruction provided on this sheet.</p> <ul style="list-style-type: none"> Stop any iron unless it's in a vitamin. If diabetic or on anti-inflammatory (NSAIDS) such as Ibuprofen, Advil, Motrin, Naproxen, Aleve or Aspirin, please contact your primary/pre-op provider regarding any questions or changes needed unless already instructed. 	2 Days Before	<ul style="list-style-type: none"> Begin a clear liquid diet. No solid foods for breakfast, lunch, or dinner. Drink only clear liquids for breakfast, lunch and dinner. Clear liquids allowed: Water, apple juice, white grape juice, Gatorade, fruit sports drinks, popsicles, gummy bears, broths and plain Jell-O. Coffee without creamer, tea and soda in limited quantities. No red and purple products. It is important that you drink a variety of clear liquid beverages with calories to prevent dehydration. <p>In the morning: Fill the container of the GoLytely to the fill line with warm tap water and put it in the refrigerator to keep it cold. It is ok to flavor the GoLytely with Crystal Light or Kool-Aid of your choice. (No red or purple colors)</p> <p>4 pm Take 2 Bisacodyl or Senna tablets</p> <p>6 pm - Start drinking the 1st half of the GoLytely. Drink 8oz of the GoLytely every 10 minutes until you have finished ½ the container.</p> <ul style="list-style-type: none"> Take 3 gas relief tablets (Simethicone/Gas-X) 	<p>The 2nd half of the GoLytely should be started 5 hours before your scheduled arrival time. Start drinking at: _____am Drink 8 oz. of the GoLytely every 10 minutes until the container is empty.</p> <ul style="list-style-type: none"> Take 3 gas relief tablets (Simethicone/ Gas-X) Drink clear liquids up until 2 hours prior to procedure and then nothing by mouth. If you are diabetic please check your blood sugar at home prior to coming. Time ____Result____ (Please bring this with you to your procedure.) <p>It is very important that you drink all of the prep.</p> <p>Proper bowel preparation for a colonoscopy is necessary in order for your doctor to fully view the colon. If your stool is not clear/yellow liquid, your procedure may need to be rescheduled.</p> <p>PLEASE LEAVE YOUR VALUABLES AT HOME</p> <p>Please report to: Mankato Surgery Center 1411 Premier Drive, Mankato MN as scheduled above with a responsible adult driver.</p>
		2 Days Before		
		<ul style="list-style-type: none"> 8pm or bedtime – Take 2 Bisacodyl or Senna tablets. 		