

**CLINIC FOR COLON & RECTAL SURGERY, P.A.**

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115 MANNING DRIVE, SUITE D101  
HUNTSVILLE, ALABAMA 35801  
(256) 533-6070

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***Please read upon receipt***

You are scheduled for:

\_\_\_\_\_ **Huntsville Hospital Main.** Report to Admitting, 1st floor  
(256-265-8000). Please be prepared to provide your insurance information.

\_\_\_\_\_ **Huntsville Hospital Women and Children** (Huntsville Hospital East)  
Report to Admitting, 1st floor (256-265-7788). Please be prepared to provide your insurance  
information.

\_\_\_\_\_ **Crestwood Medical Center.** Report to Admitting/Registration  
(256-429-4878). Please be prepared to provide your insurance information.

\_\_\_\_\_ **The Surgery Center,** 721 Madison Street. Report to the front desk  
(256-533-4888). Please be prepared to provide your insurance information.

**YOUR SURGERY DATE IS:** \_\_\_\_\_

**YOUR CHECK-IN TIME IS:** \_\_\_\_\_

*\*Please be advised that if you have had any changes in your insurance since we last saw you, we will need to get a copy of your card and be notified of those changes. The medical facility where the procedure will be done does not supply us with that information. Incorrect billing information delays claim status and will result in your being billed for the procedure.*

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### **Preparation Instructions for Colonoscopy Using Magnesium Citrate Bowel Preparation**

#### ***General Instructions***

Patients taking insulin, Coumadin, Plavix, aspirin, or other blood thinners should notify the office as soon as possible for specific instructions.

Patients needing antibiotics prior to invasive procedures should also notify our office (example: Patients with an artificial heart valve).

#### **Day 1** -

- o Drink 8 - 10 glasses of water.
- o Begin clear liquid diet at supper.

#### **Clear liquids include:**

- Water, tea, clear soda, coffee (no cream)
- Clear juice (apple, white grape juice)
- Jell-o (lemon or lime without added fruit)
- Broth or Bouillon
- Popsicles

#### **Day 2** - Clear liquid diet only

- o Drink water and Gatorade. Adequate hydration is very important.
- o At 5:00 p.m. - Take one bottle (10 ounces) of magnesium citrate.

#### **Day 3** - Day of colonoscopy

- o Nothing by mouth for four (4) hours before the procedure. Required medications may be taken with a small amount of water.
- o Drink one bottle of magnesium citrate four hours before leaving home for the colonoscopy.

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# COLONOSCOPY

Colonoscopy refers to the visual examination of the large intestine. It is performed with a flexible videoscope. The scope is advanced through the large intestine under direct vision using the scope's optical system. The procedure is viewed on a TV monitor. Photographs may be taken.

For adequate examination, special preparation of the bowel is required. Intravenous sedation is given and most people sleep through the procedure and have no recall of it. **Accordingly, after the procedure, you must have someone available to drive you home. You are not allowed to use public transportation to get to and from your procedure. The Clinic and Hospital policies state you cannot drive yourself home nor take public transportation after sedation for the procedure. Failure to follow these policies will result in your procedure being cancelled.** Colonoscopy allows visualization of the entire large bowel in over 95 percent of cases. It combines the advantages of examination, diagnosis (biopsies can be taken), and treatment (polyps can be removed) into a single procedure.

The procedure is safe. However, in rare instances, complications can occur which require surgery. Perforation of the bowel occurs in about one of 2,000 diagnostic procedures. Perforation can be due to the passage of the instrument in difficult cases and can follow removal of polyps. Bleeding occurs after the removal of polyps in 1% of cases. This can usually be managed without surgery. The procedure should be done, therefore, only for sound indications.

Colonoscopy is an outpatient procedure. Patients return home afterwards and usually resume normal activities the following day. Diet is usually unrestricted after colonoscopy.