

## Centralia Specialty Center

Steck Medical Group  
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### COLONOSCOPY PREPARATION INSTRUCTIONS

Place: Providence Centralia Hospital – **Outpatient Surgery**  
**914 S Schueber Road, Centralia, WA 98531**

Date/Time: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

Check-in Time: \_\_\_\_\_: \_\_\_\_\_ AM/PM

Please follow the directions carefully:

**Medications Needed:** Suprep Bowel Prep Kit. Pick up prescription at your Local Pharmacy (\_\_\_\_\_). Follow prep instructions on the box.

**Now:** Arrange for a driver to take you home after the exam, as you will be under the influence of a medication and legally unsafe to drive. The exam takes approximately 1.5 hours to complete.

**1 Week Prior:** Do Not Take Aspirin until after the exam.

**1 Days Prior:** Do Not Take Coumadin, Plavix, Pradaxa, Xarelto or Iron until after the exam.

**1 Day Prior to Exam:** No Solid Food today after 1:00 p.m. or tomorrow until after the exam. Drink plenty of clear liquids: Non-Red/Orange Gatorade, Non-Red/Orange Jello, Plain Broth, Tea, Clear Juices (Apple or White Grape), or clear soda (7-Up, Squirrt) and Water.

- On the evening before procedure complete steps 1-4 of Suprep Bowel Prep Kit before bed.
- For Diabetics: Do Not take any Diabetic Medications including Insulin, until after the exam. Monitor your Blood Sugar Levels and call our office if you have any questions or concerns.

**The Day of Exam:** No Solid Food. Do Not take any of your Routine Medications until after the exam. Continue drinking clear liquids of your choice to prevent dehydration.

- On the morning of the procedure, repeat steps 1-4 of Suprep Bowel Prep Kit.

**2 Hours Before Exam:** Stop Drinking All Liquids. Take nothing by mouth until after the exam.

**The Exam:** A Colonoscopy is a highly effective exam for screening and preventing colon cancer. A flexible scope is passed through the colon (large intestine) in order to look for abnormal growths, called polyps. If any are found, they will be removed and destroyed with cautery. You will be given medications to relax you and relieve any cramping sensations or discomfort you may have. Please wear a short-sleeved shirt for easy access for IV insertion.

**After the Exam:** You will be alert but still under the influence of medications, therefore, do not drive or operate machinery for the rest of the day.

\*\*\*For any questions or concerns, or if you need to rescheduled, please contact our office at (360) 736-1965 or (360) 736-0134. Please give 48 hours' notice if you cancel the exam appointment. **If you cancel the exam appointment with less than 48 hours' notice, a rescheduling fee may apply.**