

**TRIHEALTH DIGESTIVE INSTITUTE
SEKOT COLONOSCOPY BOWEL PREP**

Location of Procedure: {endo locations:17161}	
DATE: ***	Arrival Time: ***
PHYSICIAN: {tdi providers:16561}	Procedure Time: ***

Please read these entire instructions several days before your actual procedure appointment.

PRIOR TO PROCEDURE:

YOU WILL NEED TO PURCHASE:

SEKOT TABLETS #34 (AVAILABLE OVER THE COUNTER)
 Dulcolax Tablets (Available over the counter)
 10 Ounce bottle of Magnesium Citrate (Over the counter)
 Diaper Rash Cream or Vaseline (Optional)

If you have any question, please call our office during regular business at 513-794-5600 for Ohio and 812-537-5558 for Indiana. You will be at the facility approximately 2-4 hours. Please make sure you arrange for someone to bring you to the procedure and most importantly, drive you home from your procedure. If you don't have a driver your procedure will be cancelled. There must be someone responsible for your welfare such as a friend or family member. You will not be allowed to leave the facility ALONE in a cab.

All current medications that you are taking should be continued in routine dosage unless you are taking prescribed blood thinners, iron, diabetic medications, Vitamin E or Fish Oil. If applicable, your specific instructions should be indicated below if you are on any of these types of medications. Please note that you should not stop taking your blood thinners until you get the OK with instructions from your doctor.

In addition, if you are taking Aspirin prescribed by your doctor then you should continue to take it. If you are taking Fish Oil or Vitamin E please stop taking 7 days prior to your procedure. If you take a diuretic/waterpill, don't take it the morning of your procedure.

Your Specific Medication Instructions:

You are on anticoagulation medication: {prep coag:18837}
You are on diabetic medication: {diabetic:18797}
You are on Iron Medication: {iron for preps:18794}

PLEASE DRINK PLENTY OF LIQUIDS.

2 DAYS PRIOR TO PROCEDURE

EAT LIGHTLY. NO FRESH FRUITS, RAW VEGETABLES, CORN, SEEDS OR NUTS. TAKE 2 DULCOLAX TABLETS BEFORE BED.

1 DAY BEFORE PROCEDURE

STEP 1	Begin a clear, liquid diet upon awakening in the morning. LIQUID DIET: A clear, liquid diet consists of any clear fruit juice (without pulp), soft drinks (no root beer or cream), clear broth (beef or chicken bouillon is fine), coffee (non-dairy creamer ok), tea, Kool-Aid, Gatorade, Propel water, Jello, Gelatin, regular popsicles, any type of hard candy (but no soft center or chocolate). Do not consume dairy products or liquids with RED, BLUE, OR PURPLE COLORING ADDED.
STEP 2	At 1:00 pm , take 17 Senokot tablets with plenty of water. Drink 2-3 glasses of water every 2-3 hours throughout the day.
STEP 3	At 9:00 pm , take the remaining 17 Senokot tablets with plenty of water. Drink additional water until bedtime.
STEP 4	IF YOU ARE STILL NOT CLEAR, IT WILL BE NECESSARY TO DRINK 1-2 TABLESPOONS OF MAGNESIUM CITRATE EVERY HALF HOUR UNTIL YOU ARE PASSING CLEAR LIQUID.
STEP 5	Nothing by mouth after midnight except small sips of water with your morning medications. Exceptions are listed above in blood thinners.

STEP 6	If you are currently taking a "water pill", you may have a prescription attached for Potassium (K-Dur). This is due to some water pills decrease potassium absorption in the body. Take one pill two days prior to the procedure and one pill the day before the procedure
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FINAL INSTRUCTIONS

More detailed instructions can be found by visiting our website: <http://www.trihealth.com/institutes-and-services/trihealth-digestive-institute/patient-information/>

- This exam is most successful if these instructions are followed exactly as stated above.
- If you use a CPAP machine at night for sleep apnea, please bring this with you.
- Bring a list of your current medications (including dosages) with you.
- Verify any questions about co-pays with your insurance company.

**If you are unable to keep this appointment you must give 72 hours (3 business days) notice to allow us to fill this appointment time with another patient or you may be subject to a \$75.00 no show charge which is not covered by your insurance.

There may be times when we leave Personal Health Information on your answering machine. If you do not wish for us to do this, please call the office at 513-794-5600 (Ohio) or 812-537-5558 (Indiana).

As is the case with any recommendations from your physician, please follow the exact instructions in taking this prep for your procedure. Doing so will help ensure your colon will be clear of stool. If the colon prep isn't finished or taken per the instructions it could lead to missed pre-cancerous polyps and the procedure would need to be scheduled again and the bowel prep repeated.

Please contact your insurance company for specific information around the processing of your upcoming claim. There are multiple guidelines and interpretations from each insurance company that could make your claim be applied to your deductible especially around colonoscopies. When calling your insurance company, please be clear to indicate to them if you are having a screening colonoscopy, if you are having a problem that is causing you to have the colonoscopy or if you have a history of colon polyps as this could potentially impact how they will process your claim. Based on the information you have provided to us while scheduling your procedure, we will most likely use the procedure code and diagnosis listed below. Please note that these codes could potentially change based on what the physician finds during the procedure or if you indicate something different at the time of your procedure to the nurses or the physician. Once your claim has been billed we aren't able to go back and change diagnoses.

Procedure code: Colonoscopy CPT CODE: 45378 **Diagnosis code:** {primary dx:19602}

CLEAR LIQUID DIET

A liquid is "clear" if you can read something through it.

Example: When placing a glass with Apple Juice over a newspaper you are able to see the words, this is a clear liquid.

Drink plenty of fluids all day. Water can get boring, so keep a variety of clear liquids on hand.

Clear liquids include any of the following:

- Water
- White Cranberry, White Grape, Apple Juices (without any pulp)
- Honey
- Any powdered drink mix with water (Crystal Light, Kool-Aid, Etc. Except for No **RED, BLUE, OR PURPLE**)
- Any Soda (Except No **RED, BLUE, OR PURPLE**)
- Lemonade

- Sports Drinks (Except No **RED, BLUE, OR PURPLE**)
- Flavored gelatin/popsicles (No **RED, BLUE, OR PURPLE**)
- Broth/bouillon
- Coffee/tea with sugar (No Milk or Creamer)
- Gum
- Hard Candies (Do not chew)
- Special K Protein Water
- Although alcohol is a clear liquid, it can make you dehydrated. You should **NOT** drink alcohol during the preparation for your test.

Sample Menus of Clear Liquid Diets (These are only samples you do not have to use these)

Menu #1

Breakfast: Hot tea with lemon juice and 1 tsp sugar (no pulp); Apple juice (8 oz); Gelatin (1 cup)

Lunch: Hot tea with lemon (no pulp) and sugar; White Grape Juice (8 oz); Fruit Ice/popsicles (1 cup); Broth (8 oz)

Snack: Fruit juice (apple, white cranberry or white grape, 8 oz.); Gelatin (1 cup)

Dinner: Hot tea with lemon (no pulp) and sugar; Apple juice (8 oz); Broth (8 oz); Fruit ice/popsicles (1 cup)

Menu #2

Breakfast: 1 glass fruit juice; 1 cup coffee or tea (without dairy products); 1 cup broth; 1 bowl gelatin

Snack: 1 glass fruit juice; 1 bowl gelatin

Lunch: 1 glass fruit juice; 1 glass water; 1 cup broth; 1 bowl gelatin

Dinner: 1 cup juice or water; 1 cup broth; 1 bowl gelatin; 1 cup of coffee or tea (without dairy products)