

Follow these steps to help ensure a successful procedure...

- 1. Answer** the pre-procedure screening questions located to the right.
- 2. Verify insurance benefits.** We highly recommend you contact your insurance company to verify your coverage and network status. The phone number for Member Services should be on the back of your card.
- 3. Arrange for transportation** following your procedure; you will not be permitted to drive afterwards because of the sedation used during the procedure.
- 4. Stop all iron supplements, aspirin or other pain medication** (except Tylenol®) for 5 days before your procedure or as directed by our office. You may be given further instructions following your procedure.
- 5. Follow the bowel cleansing prep and clear liquid diet instructions located to the right.** It is very important that your colon is entirely clean for your examination.
- 6. Please arrive at time specified during your pre-op call, approximately 30 minutes to 1 hour prior to your appointment time.** You will be notified of any change in your appointment time.
- 7. Call Northland Gastroenterology at 218-724-3411 with any questions or concerns**

## Preparing for Your Colonoscopy

### Using the SuPrep® Bowel Cleansing Kit

#### Pre-Procedure Screening Questions:

- | Yes                      | No                       |   |
|--------------------------|--------------------------|---|
| <input type="checkbox"/> | <input type="checkbox"/> | Do you have a history of heart valve surgery/replacement or other condition that requires antibiotics?  |
| <input type="checkbox"/> | <input type="checkbox"/> | Do you have diabetes? If Yes, you must be scheduled early in the morning. <i>Do NOT take insulin, diabetes pills or eat until after the examination.</i>                                      |
| <input type="checkbox"/> | <input type="checkbox"/> | Are you taking aspirin*, anti-inflammatory pain relievers, Coumadin®, or other blood thinners? If yes, you will be given start and stop times. <i>*Daily 81 mg aspirin is OK to continue.</i> |

**If you answered "Yes" to any of the above questions, please call 218-724-3411 for further instructions.**

#### Five (5) Days Before Your Procedure:

- ✓ Purchase prep kits from your pharmacy.
- ✓ Stop all iron supplements.
- ✓ Follow special medication instructions given by our office based on your answers to the pre-procedure screening questions above.

#### The Day Before Your Procedure:

All Day **DRINK CLEAR LIQUIDS ONLY (NO SOLID FOODS)** including plenty of water to remain hydrated throughout the cleansing process.  
Acceptable clear liquids include: Strained fruit juices without pulp (apple, white grape, lemonade); water; clear broth or bouillon; coffee or tea; Gatorade®; carbonated and noncarbonated soft drinks; Kool-Aid® (or other fruit-flavored drinks); Jell-O® (without added fruits or toppings; and popsicles.  
**NOT allowed: Red or purple liquids, solid foods, milk/milk products, alcohol**

6 PM 1<sup>st</sup> Dose: Begin bowel cleansing by following Steps 1 through 4 on your SuPrep® bowel preparation kit.

#### The Day of Your Procedure:

3 Hours Before Registration Time: 2<sup>nd</sup> DOSE: Repeat Steps 1 through 4 on your SuPrep® Bowel preparation kit. **Once completed, stop all liquids.**

#### Other Instructions:

- ✓ Regular medications may be taken as directed by our office up to two hours prior to your appointment and with just enough water to swallow comfortably.
- ✓ No diabetes medications or solid foods until after your procedure.
- ✓ Arrive one hour prior to your procedure time at the location indicated on your registration letter from Northland Gastroenterology, P.A.
- ✓ If you are scheduled at Lakewalk Surgery Center, please visit our website at [www.northlandgastro.com](http://www.northlandgastro.com) to view the *Ownership Disclosure* notice to patients.