

FOR CLINIC USE ONLY

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| <input type="checkbox"/> 2801 New Hartford Road, Owensboro, KY 42303 | (270) 683-3720 |
| <input type="checkbox"/> 421 7th Street, Tell City, IN 47586 | (812) 547-7448 |
| <input type="checkbox"/> 420 Hopkinsville Street, Greenville, KY 42345 | (270) 377-2440 |
| <input type="checkbox"/> 910 Wallace Avenue, Suite 206, Leitchfield, KY 42345 | (270) 259-3035 |

We look forward to providing surgical and/or diagnostic care to you. Should it become necessary to reschedule your procedure please provide at least 72 hours advance notice.

Prior to your surgery you will need: Lab Work Chest X-ray EKG Pre op anesthesia consult

Please do not eat, or drink, past midnight the evening before your lab work.

Owensboro Health Regional Hospital (Pre-Admission Testing) _____.

Owensboro Health Muhlenberg Community Hospital Pre Admission on _____ at _____.

Outpatient registration is to the immediate left.

Owensboro Health Twin Lakes Medical Center Pre Admission on _____ at _____.

Owensboro Health Surgical Specialists Post-Operative on _____ at _____.

- NOTE: BLOOD THINNER** Stop Taking _____ Last Dose _____
 Do Not Stop Taking _____

Begin Hibiclens twice daily showers/baths on _____.

The **day before** your surgery or procedure: Nothing to eat or drink after midnight. Continue taking all medication.

The **day** of your surgery or procedure: Nothing to eat or drink. Continue taking heart, lung, blood pressure, and seizure medication. If you have diabetes, and are insulin dependent, take 1/2 of prescribed dose if your surgery is scheduled after 12:00 noon.

Continue Water or Black Coffee only until _____

Bring someone with you to drive you home.

Your surgery/procedure is scheduled at:

- Owensboro Health Regional Hospital (OHRH)** _____ Check in at _____ Surgery at _____.
Located at 1201 Pleasant Valley Road.

On the day of your surgery go to:

- Outpatient** Directions: *Enter OHRH Entrance A (valet parking) and take visitor elevators on your right to the 2nd floor. When exiting the elevators, turn right and check in at the surgery waiting desk.*

- Breckenridge Breast & Diagnostic Center** _____ Check in at _____ Surgery at _____.
Located at 1000 Breckenridge Street, in the first office on the left on the first floor of the building.

- Owensboro Surgery Center** _____ Check in at _____ Surgery at _____.
Located at 1000 Breckenridge Street inside Breckenridge Medical Plaza.

- Perry County Memorial Hospital** _____ Check in at _____ Surgery at _____.
Located at 8885 State Rd. 237. Enter through main entrance and check in at admitting desk located in the front lobby.

- Deaconess Henderson Hospital** _____ Check in at _____ Surgery at _____.
Located at 1305 N. Elm Street, Henderson, KY Enter through main entrance and to admissions on the right

- Owensboro Health Muhlenberg Community Hospital** _____ Check in at _____ Surgery at _____.
440 Hopkinsville Street, Greenville, KY Stop at OP registration in the Main Lobby of the hospital to check in on the day of surgery unless before 6:30 am-if before 6:30 am proceed on to the OP surgery floor

- Owensboro Health Twin Lakes Medical Center** _____ Check in at _____ Surgery at _____.
Located at 910 Wallace Avenue, Leitchfield, KY Enter through the outpatient surgery center (Thomas Ambulatory Surgery Center) behind the hospital



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Colonoscopy Preparation Instructions

You have been scheduled for a Colonoscopy with Surgical Specialists. A long flexible tube (colonoscope) will be inserted into your rectum and passed through your colon. You will be asleep during the procedure and therefore will not feel any pain or discomfort. Your colon will be examined in detail. Additional procedures may be performed such as taking tissue samples (biopsies) and removing polyps.

Please read all instructions at least 10 days before your scheduled procedure so you can be adequately prepared. Surgical Specialists perform colonoscopies at several locations. Please refer to the cover letter to verify the location of your appointment.

For questions regarding your appointment or preparation, please call **(270) 683-3720**.

Because of the anesthetics used during this exam, you must have a responsible companion, family member, or friend, 18 years of age or older to drive you home, and stay with you for several hours after your procedure. You may not drive or operate machinery until the next day.

Frequently Asked Questions

Q. On the day before the colonoscopy, may I wait to start my prep until after I am off work?

A. Yes, but you may be up overnight completing the prep.

Q. Will I need lab work before my colonoscopy?

A. The surgeon will not require lab work. Anesthesia may require lab work. If this is the case, you will be contacted by a representative from the facility where your procedure is scheduled to be performed.

Q. May I mix the Prep powder with a liquid other than water?

A. No, either water or flavored water.

Q. May I pour the Prep solution over ice?

A. Yes

Q. May I sip the solution through a straw?

A. Yes

Q. What should I do if I become nauseous while drinking the Bowel Prep solution?

A. Stop drinking the solution for one hour and start again.

Q. May I use a different prep?

A. There are other preps available. There is no “easy” prep. You may call **(270) 683-3720**, and ask to speak to the Surgery Scheduling department regarding this question.



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Bowel Prep

You will need to drink a laxative solution to clean your colon. Purchase one Bowel Prep Kit from your pharmacist as follows:

- Use the enclosed prescription
- A prescription has been electronically submitted to the your pharmacy.

FOLLOW THESE INSTRUCTIONS NOT INSTRUCTIONS ON BOX

It is important that you consume only clear liquids the day **BEFORE**.

At least five days before your colonoscopy:

Pick up your Bowel Prep which will include the below:
Bowel Prep Kit
4 Dulcolax Laxative Tablets(generic Bisacodyl)
1 Reglan Tablet(generic Metopramide)

Two days before your colonoscopy:

If you tend to be constipated, or sometimes need a laxative, take 4 Dulcolax Laxative tablets at 8 PM.

One day before your colonoscopy:

No solid food - Clear liquids only (no soda) for breakfast, lunch & dinner. Please make an effort to drink clear liquids throughout the day.

1. Clear Liquids only all day - **NO SOLID FOOD**.
2. **At 8:00 am:** Take four Dulcolax Laxative(Bisacodyl) with water. Do NOT chew or crush.
3. **At 3:00 pm:** Take one Reglan(Metoclopramide)
4. **At 3:30 pm:** Prepare the 2 or 4 liter clear plastic jug. Use water or flavored water to the "Fill Line" indicated on the jug and shake well.
5. **At 4:00 pm:** Begin drinking the prep. Try to drink 1 (8 oz.) glass every 10-15 minutes until you have finished all of the solution. Drink each glass **quickly**, rather than sipping small amounts continuously. Be sure to **drink ALL of the solution**. Drink at a pace that is comfortable. If you feel nauseated, stop drinking the solution for one hour and then try to resume.
6. You may start going to the bathroom after only a couple of glasses, but **be sure to drink ALL of the solution**. It will take approximately 1 to 2 hours to consume the entire amount of solution. Your last bowel movement should be clear to yellow liquid with no solid material.

Continue drinking clear liquids (no soda) **up to 8 hours** before procedure then **nothing by mouth** after that.

Clear Liquid Diet List - Do not eat or drink anything colored red or purple

- Beverages: Gatorade, Kool-Aid, Strained fruit juices without pulp – apple, white grape, orange, lemonade, water, flavored water, tea or coffee (no milk, non-dairy creamer, or lemon)
- Broths: Chicken/beef bouillon or vegetable broth
- Desserts: Hard candies, Jell-O (lemon, lime or orange; no fruit or toppings) Popsicle (no sherbet or fruit bars)



After Your Endoscopy

You have just had a gastrointestinal endoscopy. There are two types of endoscopy, upper and lower. An upper endoscopy examines your esophagus (throat), stomach and duodenum (the first part of your small bowel). A lower endoscopy, more commonly referred to as a colonoscopy, examines your colon and lower bowel. You may have had one, or both, of these examinations today.

Every effort is made to ensure that these procedures are performed safely and without discomfort. The following instructions are designed to answer common postoperative care questions.

During the procedure, your stomach or colon was filled with air to allow the surgeon to see their linings. You may experience abdominal cramping after the procedure. This is nothing to be alarmed about and may be relieved by taking a short walk and allowing the air to pass.

While cramping is not worrisome, continuous aching abdominal pain may be a sign of a problem and you should contact your surgeon.

A small amount of rectal bleeding is common, especially if a polyp or growth has been removed from your colon. If you feel the amount of bleeding is excessive, or if you experience dizziness or shortness of breath, call your surgeon.

You have received strong sedative medicines during your procedure. Do not drive a motor vehicle, operate any machinery or power tools, or make any important decisions for 24 hours.

You may return to work or school the day after your examination unless otherwise specified by your surgeon.

Specimens and biopsies obtained during the procedure have been sent to a pathologist for examination. You will be informed of the results.

We anticipate your recovery from this test will be quick. We hope you experienced no discomfort during the examination. Please call if there are any questions or problems.