

AARON PARRISH M.D. 14850 Los Gatos Blvd. Los Gatos, CA 95032 (408) 358-2868
COLONOSCOPY INSTRUCTIONS MIRALAX & CITRATE AM (Before 12:00 PM)

Patient Name: _____ **ROSE EXT 14**
OR BRISA EXT. 23

_____**Silicon Valley Surg. Ctr.**
14601 So. Bascom Ave. #100
Los Gatos, CA 95032 402-0663

_____**Los Gatos Surgical Ctr.**
15195 National Ave. 100
Los Gatos, CA 95032 356-0454

_____**Endoscopy Ctr.**
2410 Samaritan Dr. #100
San Jose, CA 95124 369-9798

Date of Procedure: _____

Arrival Time at Facility: _____ AM PM Procedure Time: _____ AM PM

You will be ready to be picked up at approximately: _____

You will need someone to drive you home. You CANNOT drive yourself or take a TAXI/Uber.

_____**Your procedure IS NOT scheduled with an Anesthesiologist. Your doctor will give you Anesthesia.**

_____**Your procedure IS scheduled with an anesthesiologist, please call (800)275-8752 EXT.2788 FOR ESTIMATES ANDY BILLING questions CALL (800) 222-1442.**

BOWEL PREP

Purchase from Pharmacy: 8.3 oz MiraLax Powder & 10 oz bottle of Citrate of Magnesia

Purchase from Store: 64 oz clear electrolyte liquid (Gatorade, white grape juice, apple juice, etc)

NO RED liquids! NO MILK!

*****TWO WEEKS BEFORE PROCEDURE: STOP ALL DIET OR HERBAL MEDICATIONS.**

*****SEVEN DAYS BEFORE PROCEDURE: Avoid all aspirin, ibuprofen, blood thinners, anti-inflammatory products, or fish oil. TYLENOL is OK.**

-DO NOT EAT NUTS, SEED, POPCORN OR CORN.

-If you are on Coumadin or other blood thinners, check with your heart doctor and please alert us as soon as possible.

-If you take insulin, check with your primary care physician about adjusting dosage.

*****1 DAY BEFORE PROCEDURE: ****YOU MAY HAVE A LOW FIBER**

BREAKFAST BEFORE 10 AM (EGGS, PROTIEN SHAKE)

NO DAIRY PRODUCTS!

NO RED FLUIDS!

AFTER 10 AM : [CLEAR LIQUIDS ONLY! NO SOLID FOOD OR MILK

****6:00 PM: Drink 10 oz bottle of Citrate of Magnesia**

****7:00 PM: Mix the ENTIRE 8.3 oz of MiraLax into 64 oz of electrolyte solution, and shake until dissolved.**

-Drink one 8 oz glass every 10-15 minutes until you have taken 4 glasses.

-Keep drinking clear liquids to avoid dehydration.

-If you feel nauseated, try hard candy, gum or broth.

-Vaseline/diaper cream around the anal area can minimize irritation.

*****DAY OF PROCEDURE:**

****4 HOURS BEFORE PROCEDURE: drink the remaining 4 glasses of MiraLax mix**

****CONTINUE TO DRINK CLEAR LIQUIDS UNTIL 3 HOURS BEFORE YOUR PROCEDURE.**

STOP ALL LIQUIDS AS OF _____ THIS INCLUDES WATER

Prescription medications can be taken with a sip of water. If you are diabetic, hold all diabetic medication from the beginning of prep until after your procedure.

PLEASE CALL YOUR INSURANCE AND CHECK BENEFITS AND YOUR FINANCIAL RESPONSIBILITY:

____**Screening Colonoscopy Procedure Code # 45378 Diagnosis Code Z12.11**

____**Diagnostic Colonoscopy Procedure Code #45378 /45399 Diagnosis Code**_____

Our office will call your insurance and get authorization for your procedure. We will be calling you to collect payment for our fee for your procedure if your deductible for the year has not yet been met.

There will be several entities involved in your care. The following will be requesting payment from you or your insurance company:

1. Surgeon
2. Anesthesiologist (if indicated)
3. Facility
4. Pathology (if indicated)

CANCELLATION POLICY

We require a **FIVE WORKING DAY ADVANCED NOTICE** for any cancellations or reschedules. Failure to provide adequate notice will result in a **\$100.00** fee billed directly to you to cover the cost of scheduled nurses/staff and the additional administrative work.

LIST OF CLEAR LIQUIDS FOR BOWEL PREPARATION:

(* * Nothing RED, Nothing with MILK * *)

BEVERAGES OR FLUIDS BY MOUTH

Water or Ice
Tea (no milk or non-dairy creamer)
Coffee (no milk or non-dairy creamer)
Ginger Ale
Sodas
Orange Soda
Sport drinks like Gatorade
Fruit juices (no pulp)
Lemonade or Limeade
Apple Juice or Cider
White Grape Juice
White Cranberry Juice
Kool-Aid
Tang
Crystal Light

SOUPS

Broth or Bouillon
(ie: Chicken, Beef, or veggie)

DESSERTS

Popsicles (no red)
Italian Ice
Shaved Ice
Jello (ie: lemon, lime, orange) with **NO FRUIT or TOPPINGS** added
Hard Candy (clear)(ie: Jolly Ranchers, Life Savers)