

**AARON PARRISH. M.D. 14850 Los Gatos Blvd. Los Gatos, CA 95032 (408) 358-2868**  
**COLONOSCOPY INSTRUCTIONS      MIRALAX & Citrate PM ( 12:00 PM or After)**

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.

\_\_\_\_ 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, seeds, 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:**

**\*\*Have a low fiber breakfast before 10:00 AM (eggs, protein shake)**

**\*\*After 10:00 AM: Clear liquids only! NO Solid Food or Milk Products!**

**-Examples of clear liquids listed on the back.**

**NO DAIRY PRODUCTS!**

**NO RED FLUIDS!**

**\*\*6:00-7:00 PM: Drink 10 oz bottle of Citrate of Magnesia**

**\*\*\*DAY OF PROCEDURE:**

**\*\*6:00 AM: 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 6 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.**

**\*\*4 HOURS BEFORE PROCEDURE: drink the remaining 2 glasses of MiraLax mix.**

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

**Stop all liquids as of \_\_\_\_\_ 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)