



PATIENT ITINERARY

DATE APPOINTMENT TIME DEPARTMENT

PLEASE ARRIVE 45 MINUTES BEFORE YOUR APPOINTMENT TIME

**Mount Nittany Medical Center – Main Entrance
1800 East Park Avenue
State College, PA 16803**

You are scheduled for a COLONOSCOPY. Please review all of the instructions at least one week before your appointment because there are several things you will need to do.

PRE-ANESTHESIA PHONE INTERVIEW

A nurse will call you by phone to review your health history and current medicines. This is done to help you have the best outcome. **If you have not heard from us by two weeks before your procedure, call us at (814) 278-4643.**

HOW TO PREPARE

- **At least 10 days before your procedure**, ask your doctor/pre-anesthesia testing nurse what medicines you should and should not take before and after your procedure. If you take any blood thinners, including Coumadin (warfarin), Plavix (clopidogrel), Pradaxa (dabigatran), Eliquis (apixaban), or any others, please contact your prescribing doctor for instructions. If you are unsure whether or not you take any blood thinners, please call your doctor.
- Follow the instructions from your doctor's office

- On the day of your appointment, you will come to the hospital. Please bring:
 - This itinerary
 - Current insurance card(s)
 - Photo ID
 - Current medicine list

If you have questions or concerns, please call: 814-234-6106 or toll free 1-866-373-6106.

If you need help understanding or reading English, or if you have trouble hearing, seeing or walking, help us plan for your visit by calling us at 814-234-6106 or toll free 1-866-373-6106.

All Mount Nittany Health facilities, including outside properties, are tobacco free to ensure a safe, clean and healthy environment for our patients and employees. Thank you for your cooperation.

WHAT TO WEAR

- Do not wear any make-up, nail polish, artificial nails or jewelry.
- Wear loose-fitting, comfortable clothing.
- If you wear eyeglasses or contact lenses, please bring case or contact lens container.
- If you wear hearing aids, please bring container.

TRANSPORTATION

You must have a responsible adult with you the day of your procedure. This person should stay in the waiting areas. You will need this person to drive you home after your procedure. They are responsible for your transportation. If you do not have a responsible person, your procedure may be cancelled and rescheduled. You may not use a taxi or bus unless you bring a responsible adult (**NOT THE TAXI DRIVER/BUS DRIVER**).

PROCEDURE INSTRUCTIONS:

CONTINUE TO FOLLOW INSTRUCTIONS FROM YOUR DOCTOR'S OFFICE

EVENING BEFORE YOUR PROCEDURE

TAKE YOUR BOWEL PREP AS INSTRUCTED WITH ONLY THE AMOUNT OF CLEAR LIQUIDS REQUIRED FOR THE PREP. DO NOT EAT OR DRINK ANYTHING OTHER THAN YOUR BOWEL PREP IN THE 8 HOURS BEFORE YOUR PROCEDURE. NO GUM, HARD CANDY, OR CHEWING TOBACCO (SNUFF). It is important that your stomach is empty to prevent complications.

- **If you are diabetic**, and you take long acting insulin (i.e. Lantus) at night, take ½ of the usual dose the night before the procedure or as directed by your prescribing doctor. Please continue to check your blood sugar.

DAY OF PROCEDURE

- **You may take your normal medicines with sips of water at least 2 hours before your procedure, unless otherwise instructed.** You may use inhalers (bring your rescue inhaler with you) and topical skin patches.
- **If you are diabetic, do not take insulin or any oral hyperglycemic medicines on the day of your procedure.** Please continue to check your blood sugar.

ARRIVAL

PLEASE ARRIVE AT LEAST 45 MINUTES BEFORE YOUR APPOINTMENT TIME

- The staff will review your medicines, medical history and surgical history with you.
- If you are a woman 55 years old or younger, you may be asked to give a urine sample to check for pregnancy.
- To keep you comfortable, medicine will be given through the IV catheter, which is placed in your vein.
- The doctor performing your procedure will talk with you before and after your procedure.

If you have any questions, call 814-231-7018 Monday through Friday from 8:00 a.m. – 4:30 p.m. OR at [.mountnittany.org/specialties-and-services/gastroenterology](https://www.mountnittany.org/specialties-and-services/gastroenterology).

Thank you for selecting Mount Nittany Medical Center for your healthcare needs

COLONOSCOPY: SUPREP INSTRUCTIONS (Dr. Case instructions)

For your colonoscopy you will need to drink a laxative, or bowel prep, to clean your colon. You must drink the entire prep to ensure the most effective cleansing.

A prescription for your bowel prep is enclosed with these instructions. You may purchase it from a pharmacy of your choice.

Three days before your colonoscopy

- Begin a low residue diet. This type of diet limits high fiber foods. You should **avoid** the following foods:

-Nuts	-Tofu	-Olives
-Seeds	-Tough meats with gristle	-Sauerkraut
-Coconut	-Smoked or cured deli meats	-Horseradish
-Whole grains	-Cheese with seeds, nuts or fruit	-Popcorn
-Raw or dried fruits	-Crunchy peanut butter	-Beans
-Raw vegetables	-Fruit juice with pulp or seeds	-Pickles
-Lentils	-Prune juice	

Two days before your colonoscopy

- Fill your prescription for SUPREP
- Review **ALL** instructions to ensure you do not have any questions or concerns on how to prep. If you have questions, please call Dr. Case's office at 814.234.8800.
- If you tend to be constipated, or sometimes need to use laxatives, take 2 tablespoons of Milk of Magnesia at 8:00 pm.

One day before your colonoscopy

Begin a clear liquid diet at breakfast. This means you may only consume liquids that you can see through. The following are some examples of items you may have while on a clear liquid diet:

- Water and flavored water
- Tea and black coffee
- Clear, light colored juices (no pulp)
- Popsicles
- Sports drinks
- Clear broth
- Soda
- Jello
- Italian ice

****You should avoid any items that are red or purple.**

Evening

- Begin drinking your prep at 6:00 pm.
 - Step 1) Pour the contents of one bottle (6 ounces) of SUPREP liquid into the mixing container provided.
 - Step 2) Fill the container to the 16 ounce fill line with cool drinking water.
 - Step 3) Drink the entire amount.
 - Step 4) Drink 2 additional containers of cool drinking water filled to the 16 ounce line over the next hour.
- Make sure you stay hydrated while prepping.

The day of your procedure

- Starting 6 hours prior to your procedure:
 - Repeat steps 1 through 4 as instructed above.
 - Once you finish your prep and the water that goes with it, you are to stop drinking until after the procedure.