



9300 Stockdale Hwy, Ste. 200
Bakersfield, CA 93311
(661) 964-2470

Thank you for choosing Kern Medical Surgery Center

Date of Procedure: _____

Time: We will call you one week before your procedure

***If you are currently using medicine containing Aspirin, blood thinners, Ibuprofen, Aleve, Motrin, Iron pills, Multi-vitamins, Vitamin E or C – Please **STOP** 1 week before your procedure.*

***If you are taking any fiber supplements, please stop taking them 5 days prior to your scheduled appointment.*

***If you are diabetic, have an artificial heart valve, pacemaker, or have any other heart problems, please call your Primary Care Physician.*

YOU MAY NEED TO OBTAIN CARDIAC CLEARANCE PRIOR TO YOUR PROCEDURE. IF CARDIAC CLEARANCE IS REQUIRED, YOU MUST HAVE YOUR PRIMARY CARE PROVIDER FAX THE CLEARANCE TO (661) 241-5044.

Before Procedure

- You will receive a call from us one week before your procedure to go over your health history and medication list. If you are taking any blood thinning medications, you will be given instructions on when to stop taking them.
- You will receive a call from us the day before your procedure to inform you of arrival time and instructions.
- Bring your ID or Driver's license, insurance card, medication list (if applicable) and co-pay amount discussed with you.
- Please make arrangements for someone to accompany you to your procedure and drive you home, as you will be under anesthesia and not able to drive for 24 hours.

The day of Procedure

- On the day of your procedure check in at the Front Desk.

Post-Op Recovery

After your procedure you will be moved from the OR to the post-anesthesia care unit for recovery. Your nurse will give you and your family post-procedure instructions.

You will need someone to drive you and an adult to stay with you for the first 24-hours after surgery. You may not use public transportation.

If you have any questions, please feel free to call us at (661) 964-2470.

***** PLEASE SEE REVERSE FOR BOWEL PREP INSTRUCTIONS *****

Prep Instructions for your Upcoming Procedure

Purchase over the counter at local drug store or grocery store:	<ul style="list-style-type: none"> • 4 Dulcolax Tablets • 238 gram bottle of Miralax • 64 oz. bottle of Gatorade, Gatorade 2, or Crystal Light (NO RED, ORANGE, OR PURPLE colors)
One week before Colonoscopy:	<ul style="list-style-type: none"> • Stop medicine containing aspirin, blood thinners, ibuprofen, Aleve, Motrin, iron pills, multi-vitamins, vitamin E or C
Five days before Colonoscopy:	<ul style="list-style-type: none"> • Stop fiber supplements
Two days before Colonoscopy:	<p>Begin a full liquid diet when you wake up</p> <ul style="list-style-type: none"> • Nothing to eat or drink that is RED in color • Drink at least 10-12 glasses of water during this cleansing process <p><u>Sample Full Liquid Menu</u></p> <ul style="list-style-type: none"> • Cooked Cereal (Cream of Wheat, Oatmeal) • Jell-O (nothing RED) • Pudding • Ice-cream • Custard • Yogurt • Creamed soups • Low-fat Milk • Juices (nothing RED) • Tea or Coffee (with OR without Milk)
Day before Colonoscopy:	<p>Begin a clear liquid diet when you wake up</p> <ul style="list-style-type: none"> • Nothing to eat or drink that is RED or PURPLE in color • Drink at least 10-12 glasses of water during this cleansing process • At noon, take 2 Dulcolax tablets • At 1:00p.m. mix the 238 gram bottle of Miralax with the 64 oz. bottle of Gatorade or Crystal Light. Shake the solution until the Miralax is completely dissolved • Drink 8 oz. SLOWLY for approximately 6-8 minutes • Wait 20 minutes then repeat this process until the solution is gone • One hour after last Gatorade/Miralax mix take 2 more Dulcolax tablets • You may have clear liquids until bedtime <p>***NOTHING else to eat or drink after midnight except necessary medications, unless otherwise instructed</p> <p><u>Sample Clear Liquid Menu</u></p> <ul style="list-style-type: none"> • Jell-O (NO RED OR PURPLE) • Chicken, Vegetable, or Beef Broth • Juices (NO RED or PURPLE) • Popsicles (NO RED or PURPLE) • Tea or Coffee (NO Milk Products)
Day of Colonoscopy:	<ul style="list-style-type: none"> • Take routine medications such as blood pressure or heart medications, with only a small sip of water in the morning • You must have a designated driver after the procedure due to the sedation you will be given