

HOMAN A. ZADEH, M.D., M.P.H., INC.  
1330 N. Indian Canyon Drive Suite F  
Palm Springs, CA 92262  
Telephone (760)864-4163/Fax (760)864-4166

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HOMAN ABDOLLAHZADEH, M.D. DR. MARTIN COLLEN M.D.

**PREPARING FOR YOUR COLONOSCOPY**  
(One Day Prep)

DATE OF PROCEDURE: \_\_\_\_\_

ARRIVAL TIME: \_\_\_\_\_ PROCEDURE TIME: \_\_\_\_\_

PLACE: \_\_\_\_\_ **Desert GI Lab Suite E135** (located in El Mirador Medical plaza)  
1180 N. Indian Canyon Drive, Palm Springs, CA 92262  
(760)323-6212

\_\_\_\_\_ **El Mirador Surgery Center**  
1180 N. Indian Canyon Drive, Ste. W110  
Palm Springs, CA 92262 (760)416-4600

Five days prior to the procedure avoid aspirin, nuts and/or seeds. This includes tomatoes, poppy seeds, and strawberries. If you are on a blood thinner (Coumadin, Warfarin, Plavix, aspirin) or have bleeding tendencies, please discuss this with the doctor before scheduling this procedure.

Since you will be medicated with sedatives, you need to make arrangements with a relative or friend to drive you to and from the facility. (THEY WILL NOT LET YOU DRIVE YOURSELF) You will be observed approximately one hour after the procedure.

**DAY BEFORE THE PROCEDURE:** YOU MUST BE ON A CLEAR LIQUID DIET, WITH NOTHING TO EAT OR DRINK AFTER MIDNIGHT. Please follow the attached instructions for your preparation. NO RED, GREEN OR PURPLE JELLO. NO ALCOHOL, AND NO COFFEE. PLEASE AVOID FATTY/OILY FOODS TO INCLUDE SALAD DRESSINGS. NO VITAMIN E OR FISH OILS.

**WE REQUIRE 48 HOURS NOTICE OF CANCELLATIONS OR RESCHEDULE S. THERE WILL BE A \$35.00 FEE ACCESSED IF 48 HOURS NOTICE IS NOT PROVIDED TO OUR OFFICE. THANK YOU.**

Should you have any questions, please feel free to contact our office at (760)864-4163.

# CLEAR

# LIQUID

# DIET

## DAY BEFORE

This diet provides fluids that leave little residue and are easily absorbed with minimal digestive activity. This diet is inadequate in all essential nutrients and is recommended only if clear liquids are temporarily needed. No red or purple liquids should be consumed !!!

Food Group	Food Allowed	Food to avoid
Milk and beverages No red or purple liquids	Tea (decaffeinated or regular) carbonated beverages fruit flavored drinks	Milk, milk drinks
Meats & meat substitutes	None	All
Vegetables	None	All
Fruits & fruit juices	Strained fruit juices: apple, white grape, lemonade	Fruit juices with unstrained fruit
Grains & starches	None	All
Soups	Chicken, beef, clear broth, consomme	All others
Desserts	Clear flavored gelatin, popsicles (no red or purple flavors)	All others
Fats	None	All
Miscellaneous	Sugar, honey, syrup, clear hard candy, salt	All others
<b>BREAKFAST</b>	<b>LUNCH</b>	<b>DINNER</b>
4 Oz White grape juice 6 Oz Clear broth Jell-O plain only	4 Oz Apple Juice 6 Oz Clear broth Jell-O plain or yellow, orange flavor	4 Oz Lemonade 6 Oz Clear broth Jell-O plain only

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## Patient Instructions → Split-Dose Regimen


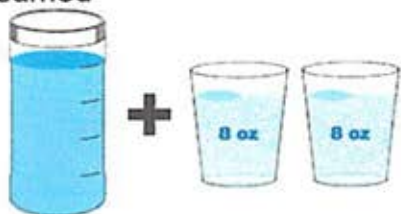
The MoviPrep carton contains 4 pouches and a disposable container for mixing.

You must complete the entire prep to ensure the most effective cleansing.

The evening before your colonoscopy beginning at: 2:00 pm

Step 1	<ul style="list-style-type: none"> <li>➤ Empty 1 pouch A and 1 pouch B into the disposable container</li> <li>➤ Add warm drinking water to the top line of the container. Mix to dissolve</li> </ul> <p>If preferred, mix solution ahead of time and refrigerate prior to drinking, the reconstituted solution should be used within 24 hours.</p>	
Mix		
Step 2	<ul style="list-style-type: none"> <li>➤ The MoviPrep container is divided by 4 marks. Every 15 minutes drink the solution down to the next mark (approximately 8 oz), until the full solution is consumed</li> <li>➤ Drink 16 oz of the clear liquid of your choice. This is a necessary step to ensure adequate hydration and effective preparation</li> </ul>	<div style="border: 1px solid black; padding: 5px;"> <p>Clear liquids include water, ginger ale, apple juice, Gatorade, lemonade, and broth. No red or purple liquids.</p> <p>Ask your doctor if you have any questions about whether a particular drink is</p> </div>
Drink		

The evening before your colonoscopy beginning at: 6:00 pm

Step 3	<ul style="list-style-type: none"> <li>➤ Empty 1 pouch A and 1 pouch B into the disposable container</li> <li>➤ Add warm drinking water to the top line of the container. Mix to dissolve</li> </ul> <p>If preferred, mix solution ahead of time and refrigerate prior to drinking, the reconstituted solution should be used within 24 hours.</p>	
Mix Second Dose		
Step 4	<ul style="list-style-type: none"> <li>➤ The MoviPrep container is divided by 4 marks. Every 15 minutes drink the solution down to the next mark (approximately 8 oz), until the full solution is consumed</li> <li>➤ Drink 16 oz of the clear liquid of your choice. This is a necessary step to ensure adequate hydration and effective preparation</li> </ul>	
Drink Second Dose		

A colonoscopy prep causes the body to lose a significant amount of fluid and can result in sickness due to dehydration. It's important that you prepare your body to drink extra clear liquids before the prep. Stay hydrated by drinking all required clear liquids during the prep replenish your system by drinking clear liquids after returning home from your colonoscopy.

If you have any questions call our offices at: Palm Springs 760.864.4163

## PLEASE AVOID THE FOLLOWING COMPOUNDS

Advil A.F.C.  
Alka Seltzer  
Anacin  
Anaprox  
Ascodeen-30  
Aspirin  
Aspirin Supp.  
Aspirin Bayer BC  
Powders  
Buff-A-Comp  
Buffadyne  
Bufferin  
Butalbital  
Cama-Inlay Tabs  
Cheracol Caps  
Congespirin  
Cope  
Coricidin

Darvon Comp  
Dristan  
Duragesic  
Ecotrin  
Emprazil  
Empirin  
Equagesic  
Excedrin  
Fiorinal  
Ibuprofen  
Indocin  
Measurin  
Midol  
Monacet w/Codeine  
Motrin  
Naprosyn  
Norgesic  
Nuprin  
Pabirin Buffered Tabs

Panalgesic  
Percodan  
Persantine  
(dipiridamole)  
Persistin  
Ribaxisal  
Sine-Aid  
Sine-Off  
SK-65 Comp. Caps  
Stendin  
Stero-Darvon w/ASA  
Supac  
Synalogos Caps  
Synalogos DC  
Tolectin  
Triaminicin  
Vanquish  
Zomax

All patients anticipating surgery must stop the use of all sources of **ASPIRIN**. Aspirin is a very strong anticoagulant, which causes profound bleeding problems in normal individuals. Therefore, you must stop taking aspirin and all aspirin containing products for **5 DAYS** before surgery and two weeks after surgery.

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You have been scheduled for colonoscopy for the purpose of examining your colon (large intestine) and (if applicable) removing a polyp or polyps.

## WHAT OCCURS DURING THE EXAMINATION?

The colonoscopic examination is done by inserting a long flexible lighted tube into the rectum and beyond. In many cases, the instrument can be inserted throughout the entire extent of the large intestine, permitting a complete examination. Abdominal cramps are usually experienced by the patient during the course of the examination. However, you will be sedated with medications which will help the cramps. Be sure and tell us if you are allergic to any medications.

## WHAT IS A POLYP?

A polyp is a growth that is attached to the inside of the colon. Most of these growths are benign but their removal is strongly recommended so that the polyp may be examined under the microscope, permitting an exact diagnosis to be made. In addition, benign polyps at times may become malignant with the passage of time. Therefore, we believe they should be removed. At times, a polyp is discovered unexpectedly during the course of a colonoscopic examination which is being done for other reasons. We recommend that all patients give us permission ahead of time to remove polyps if they are discovered.

## WHAT HAPPENS IF A POLYP IS DISCOVERED?

If a polyp is discovered, a thin snare wire is passed through the colonoscope and the polyp is encircled. The snare is tightened and an electric current is passed through the wire which cuts off the polyp. The polyp is then brought out of the colon and sent to the pathologist for further examination.

## ARE THERE ANY POSSIBLE COMPLICATIONS?

The possible complications of colonoscopy and polypectomy (polyp removal) include perforation (rupture) of colon, hemorrhage from the colon and side effects due to the medicines (sedatives) which are given. In very rare circumstances, death could result from a complication.

## NOTE:

You should not use aspirin for a minimum of 7 days before the test as well as certain arthritis medications, known as NSAIDs (Nonsteroidal Anti-Inflammatory Drugs) as these may predispose you to bleeding. Please review all your medications with the doctor.

