



HOW TO PREPARE FOR YOUR SCREENING COLONOSCOPY

It is important for the bowel to be completely cleaned out prior to having a colonoscopy. This will allow your physician to clearly view the walls of the colon and provide the highest quality diagnostic results. The following bowel preps require temporary dietary changes and medications and typically start one day before your procedure.

You can expect a call from a nurse two days prior to your screening colonoscopy. Be sure to have a complete list of your medications available when speaking with the nurse. The nurse will help determine which of the following bowel prep options will be best for you, and get you a prescription if necessary.

If you have not had a phone call and it is 24 hours prior to your procedure, please call 561-732-5900, and ask to speak to a nurse regarding your screening colonoscopy.

DAY OF PROCEDURE:

It may be recommended that you take some of your medications, such as heart, blood pressure, breathing, or seizure medicines, on the morning of your exam with small sips of water. The pre-op nurse will discuss this with you.

Smoking or smokeless tobacco is NOT permitted.

GOLYTELY®

THE DAY BEFORE YOUR PROCEDURE

You will be on a clear liquid diet the entire day before the procedure. Clear liquids are water, tea, apple juice, ginger ale, 7-Up, Mountain Dew, Jell-O (yellow or green only), and chicken or beef broth.

At 4 p.m. take one Dulcolax tablet with 8 oz. of water. This will be purchased separately.

Fill the plastic container containing the laxative powder (Golytely) with water, as instructed.

At 6 p.m. start drinking ½ of bottle Golytely, one glass every 10-15 minutes.

At 10 p.m. drink one glass of Golytely every 10-15 minutes until the other half of the liquid is finished.

NOTHING BY MOUTH AFTER MIDNIGHT

The morning of the procedure, if you take heart, blood pressure, seizure, or breathing medication, you will take it with a sip of water.

YOU ARE NOT ALLOWED TO DRIVE A CAR THE DAY OF THE PROCEDURE!

Due to sedation, you will not be allowed to drive, walk, or use public transportation to get home. Please make sure that you have a friend or family member with you who can stay at the facility throughout your procedure, and who can drive you home.

Prep instructions as above, unless otherwise indicated by your treating physician.

CLEAR LIQUID DIET

- Water (plain, carbonated or flavored)
- Apple or white grape juice
- Fruit-flavored beverages, such as lemonade
- Carbonated drinks, including dark sodas (cola and root beer)
- Jell-O (no red or purple)
- Tea or coffee without milk or cream
- Sports drinks, such as Gatorade (no red or purple)
- Clear, fat-free broth (bouillon)
- Honey or sugar
- Hard candy, such as lemon drops or peppermint rounds
- Ice pops without milk, bits of fruit, seeds or nuts (no red or purple)

DO NOT:

- Drink milk or dairy products
- Eat or drink anything colored red, purple, or blue
- Drink alcoholic beverages
- Have soups with meat, noodles or vegetables
- Drink anything with pulp such as orange juice or lemonade

A NOTE FOR DIABETIC PATIENTS:

There may be changes to your regularly scheduled medications. The pre-op nurse will discuss this with you prior to your procedure.

YOUR PROCEDURE IS SCHEDULED ON:

CHECK-IN TIME IS: _____

THE OUTPATIENT CENTER OF BOYNTON BEACH

ABOUT

Outpatient Center of Boynton Beach offers a high-quality, service-oriented environment for your surgical procedure.

MISSION

Our mission is to care for every patient and their family as if they were our own. Each patient, each family, each and every time.

ADDRESS

2351 South Seacrest Blvd .
Boynton Beach, Florida 33435

PHONE

561-732-5900

WEBSITE

outpatientcenterofboyntonbeach.com



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EARLY SCREENING SAVES LIVES



DIRECT SCREEN COLONOSCOPY PROGRAM® AT OUTPATIENT CENTER OF BOYNTON BEACH

COLORECTAL CANCER IS **THE #2 CANCER KILLER** IN THE US. THE GOOD NEWS?

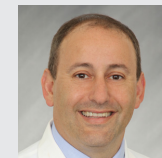
IT'S HIGHLY PREVENTABLE AND HAS A HIGH CURE RATE IF CAUGHT EARLY IN A SCREENING COLONOSCOPY.

We've made completing this potentially life-saving procedure safe and hassle-free with the Direct Screen Colonoscopy Program® at The Outpatient Center of Boynton Beach.

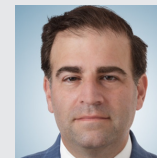
A colonoscopy is a simple, diagnostic test that allows your doctor to examine the entire colon. You will be comfortably sedated during the procedure which typically takes about 30 minutes. Most patients report a positive experience and are able to return to regular activities and diet the next day.

The Direct Screen Colonoscopy Program® makes completing your screening colonoscopy easier by allowing healthy, age-appropriate patients to bypass the pre-procedure visit with a specialist. Instead, a representative will call you from the center to schedule your procedure, take your medical history, instruct you on how to prepare, and answer any questions you may have. Then, you go directly to The Outpatient Center of Boynton Beach on the scheduled day where your colonoscopy will be performed by one of our highly qualified specialists.

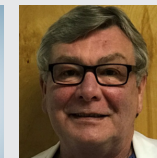
DIRECT SCREEN COLONOSCOPY PHYSICIANS



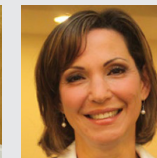
DR. MATTHEW
BROMER



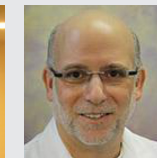
DR. HILLEL
COHEN



DR. MARK
DOSCH



DR. SHERRY
ELLIS



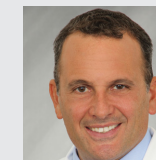
DR. BARRY
GACH



DR. EDWARD
HORVATH



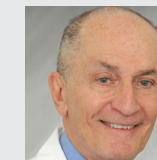
DR. MARISA
KESSELMAN



DR. RONALD
LEVY



DR. DANIEL
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DR. RICHARD
MILGRIM



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SHAIKH



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STRIPPOLI



DR. BRADLEY
TOWBIN



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URBAN

THE SAFE, HASSLE-FREE WAY TO COMPLETE YOUR COLONOSCOPY