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MEDICATION GUIDE PRIOR TO SURGERY

- **Continue Taking on the day of surgery**
***Beta-Blockers:** Propranolol (Inderal), Metoprolol (Lopressor, Toprol), Carvedilo (Coreg). ***Reflux:** Omeprazole (Prilosec), Rantidine (Zantac), Rabeprozole (Aciphex), Esomeprazole (Nexium). ***Pain:** Narcotics (Lortab, Norco, Percocet, Oxycodone), Tylenol, Gabapentin (Neurontin). **Diabetes:** Insulin – take one-half of your usual dose of glargine (Lantus) the night before surgery and adjust your morning insulin based on your morning sugar. ***Seizures:** Carbamazepine (Carbatrol), Valproic Acid (Depakene), Divalproex Sodium (Depakote), Phenytoin (Dilantin), Ethosuximide (Zarontin), Clonazepam (Klonopin). **Breathing:** Fluticasone (Advair, Flovent), Mometasone (Asmanex), Budesonide (Symbicort, Pulmicort), Montelukast (Singulair), Zafirlukast (Accolate), Theophylline (Elixophyllin), Cromolyn.
- **Stop taking all diet pills (over-the-counter or prescription) 14 days before surgery.**
- **Talk with your Doctor about stopping BLOOD THINNING MEDICATIONS –You will be provided specific instructions by your surgeon regarding the following: Aspirin, Coumadin (Warfarin), Plavix, Trental, Ticlid (Ticlopidine)**
- **Herbs and supplement to STOP taking.**
The following can increase bleeding. Stop taking these herbs as described below. Seven days before surgery, stop taking garlic tablets, ginger, ginseng, feverfew, bromelian. **Two to three weeks before surgery** stop taking Omega-3 (fish oil), Vitamin E, Chondroitin, dong quai, saw palmetto.
The following can have serious interactions with anesthesia. Stop taking these herbs 14 days before your surgery. **Ephedra-** can cause seizures, heart attacks, and stroke. **St. John’s Wart-** can cause heart failure. **Kava-** can cause coma. **Valerian-** can cause heart failure, severe confusion. **Ginkgo Biloba-** can cause bleeding in brain and spinal cord. **Licorice-** can cause heart attack.
- **Medications to STOP taking seven days before surgery: (Aspirin)*NSAIDS – STOP 7 days before surgery:** Ibuprofen (Advil, Motrin), Naproxen (Naprosyn, Aleve), Ketorolac (Toradol), Celebrex, Mobic, Excedrin, (Can take Tylenol)
- ***DIABETES – STOP all oral medications 24 hours before surgery:** Metformin (Fortamet, Glucophage), Acarbose, Pioglitazone (Actos), Rosiglitazone (Avandia), Glyburide (DiaBeta), Glimepiride, Glipizide (Glucotrol).
- **Medications to STOP taking the night before surgery: *(Blood Pressure)Ace inhibitors: any drug ending in “PRIL”-** Pamipril (altace), Captopril (Capoten), Quinapril (Accupril), Enalapril, Lisinopril (Zestril), Benazepril (Lotensin).
ARBs: any drug ending in “sartan” – Candesartan (Atacand), Olmesartan (Benicar), Losartan (Cozaar, Hyzaar), Valsartan (Diovan), Telmisartan (Micardis)
- **Blood Thinners: Heparin – stop 8 hours before surgery. Lovenox – stop 12 hours before surgery.**
- **Muscle relaxers, sleep aids, relaxants – stop the night before surgery.**



KANSAS SURGICAL CONSULTANTS, LLP

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RESCHEDULE OR CANCELLATION POLICY

It is important that when you schedule your surgery/procedure you have thoroughly checked your personal calendar to make sure that your scheduled date is ideal for you. A cancellation or reschedule of your procedure requires multiple phone calls be made. The facility, your physician and insurance companies all need notification when changes are made. We understand that situations arise that could force you to reschedule, cancel or postpone your procedure. We just ask that you give as much as advance time as possible when you know a change is inevitable. We can be reached at 316-685-6222 between the hours of 8:30 a.m. through 5:00 p.m. All cancellations and reschedules need to go through Kansas Surgical Consultants. If you call the facility to cancel they will ask you call your physician's office phone number to speak with a scheduler. They will not cancel the test until someone from Kansas Surgical Consultants has informed them of the cancellation request.

Kansas Surgical Consultants will reschedule a surgery/procedure one time at no additional charge. Beyond that there will be a \$50 charge each time a surgery/procedure is rescheduled. This fee will not be applied toward the procedure and will be added as a charge to your account. It will not be billed to your insurance policy. This \$50 fee must be paid prior to our rescheduling your appointment.

NO SHOW POLICY:

If you do not show up for your scheduled procedure/surgery you will be charged a \$50 fee and may not be rescheduled at our discretion. Please note that a call to Kansas Surgical Consultants or the facility the morning of the procedure is considered to be a NO SHOW.

We appreciate your understanding of the above stated policy and thank you for your cooperation.



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MIRALAX AND DULCOLAX BOWEL PREP INSTRUCTIONS

A bowel prep is done to clear the bowel of all solid matter. Its purpose is to prepare the bowel for surgery or a procedure. Please follow these instructions. Begin the bowel prep the day before your scheduled procedure.

TO PREPARE:

- The following are the items you will need for the colon prep. They can be found at your local store in the laxative section. These are NOT a prescription. Walmart, Walgreens, Target and Dillon's all carry these medications. **GENERIC BRANDS ARE FINE.**
- MIRALAX, (1) 8.3 ounce bottle
- DULCOLAX (LAXATIVE) (4) tablets
- You will need one large 64 ounce bottle (or two 32 ounce bottles) of a sports drink such as Gatorade OR choose from the clear liquids listed below. This will be used to mix with the Miralax the day prior to the study. You may drink carbonated beverages the day prior but **DO NOT MIX WITH THE MIRALAX.**

1 DAY PRIOR TO TEST:

Starting when you wake up. Drink only clear liquids. Avoid all red or purple colored liquids. Do not eat any solid foods. No dairy, milk products until the test is done.

CLEAR LIQUIDS:

- Water, Vitamin Water, Propel, Flavored Water, Strained fruit juices (no pulp) such as Apple Juice, White Grape Juice, Orange Drink, Popsicles, Ice, Soft drinks, Gatorade, PowerAde, Clear broth or bouillon (vegetable, beef or chicken), Jell-O, Kool Aid, Crystal Light, Coffee or tea (no milk or creamer).

Follow the schedule outlined below for your bowel prep. You may need to get to the toilet right away. You may have many bowel movements throughout the afternoon and evening. They will become watery. The bowels are clear or clean when there is only pale yellow fluid without any flecks of stool.

12:00 P.M.

- Take 4 Dulcolax tablets with a drink of clear liquids.
- Mix the Miralax in the Gatorade or clear liquid of choice. The entire 8.3 ounce bottle of Miralax is to be mixed with a total amount of 64 ounces of clear liquid. Miralax may be stirred or shaken to help dissolve the powder. Most people prefer to drink the Miralax mixture chilled so you may want to place it in the refrigerator.

3:00 P.M.

- Start drinking the Miralax solution. Drink an 8 ounce glass every 20 to 30 minutes. Be sure to finish the entire amount. If you prefer to drink it slower you may. Just try to drink the 64 ounces in less than five hours.
- Continue the clear liquids until midnight OR 8 hours prior to the colonoscopy time. You may not feel like drinking more but it is beneficial to keep you from being dehydrated. **NOTHING AFTER MIDNIGHT OR 8 HOURS PRIOR TO THE TEST, this includes water.** You may shower and brush your teeth the morning of the test.

THE MORNING OF THE COLONOSCOPY:

- Enclosed you will find the brochure for the facility the test is scheduled to be done. It will provide the date of the test. If scheduled at Cypress Surgery Center the staff will contact you one to two business days prior with the check in time. All other facilities will have the check in time noted on their brochures.
- You will need to have someone with you to drive you home after your procedure and stay with you 24 hours afterward. You are given medication during the test and you are asleep. Because of this it is illegal for you to drive yourself home. All facilities require a responsible adult be present when you check in, remain during procedure and drive you home afterwards. For this reason taxis, Ubers and buses are not acceptable.

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For coupon go to: <http://www.Dulocolax.com>

YOU WILL NEED TO PURCHASE:

DULCOLAX “LAXATIVE” TABLETS/”GENERIC” IS FINE

You'll need 4
tablets total



DO NOT PURCHASE: Stool softener or Suppositories

For coupon go to: <http://www.Miralax.com>

YOU WILL NEED TO PURCHASE:

8.3 OZ. SIZE BOTTLE – 14 DOSES/”GENERIC” IS FINE

ENTIRE BOTTLE
TO BE TAKEN

