

## **Peter A Koretsky, MD PA**

2955 Pineda Plaza Way Ste 115, Melbourne, FL 32940

Office: 321-254-7375 -- Procedure Scheduling: 321-254-7375 x 3

It is very important for you to be aware of the following items for your procedure(s). If you do not follow these points, your procedure(s) may be cancelled at the facility upon your check-in.

- **You *must* have a ride home after the procedure, as well as someone who will be with you when you get home.**
- **Do not eat or drink *anything* 5 hours prior to your appointment time. Having any consumed liquids or foods in your stomach puts you at risk of aspiration. If you are prescribed a medication that is emergent for you to take, please notify our staff.**
- **Please follow the prep instructions closely so that you are properly prepared for your procedure(s). If the prep is too poor, the procedure(s) may have to be cancelled and re-scheduled. You will need 4 Dulcolax Laxatives, as well as the Liquid or Pill Prep that will be sent to your pharmacy.**
- **If we notify you that you will need any pre-procedure clearances (ie: cardiac, pulmonary, etc) before your procedure, please assist with obtaining them and confirm with our office that they have been received before your procedure date.**
- **If your health or insurance plan changes between your office visit with us, and you scheduled procedure time, please notify our office as soon as possible.**
- **If you have any questions regarding out of pocket costs, or other insurance benefits, please call your insurance company to review your plan. We have also included a Patient Billing Explanation within this folder for your reference. You may have fees that will be due for your procedure.**

Thank you,

Peter A Koretsky, MD PA  
Jill Polet, ARNP  
Serina Wisnewski, ARNP  
Office Staff

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### **COLONOSCOPY PREP INSTRUCTIONS PLEASE READ THESE INSTRUCTIONS CAREFULLY**

This is your Prep Instructions for your procedure(s), please save this for your reference. If you have any questions, please call our office and we will be happy to assist you.

#### **COLONOSCOPY PREP**

You will receive a prescription for the liquid prep from our office, which you will need take to your preferred pharmacy. You will also have to purchase four Dulcolax laxative pills, which are sold over the counter. If you cannot find Dulcolax, ask the pharmacist for a comparable alternative. Do NOT purchase suppositories!

#### **SEVEN DAYS PRIOR / LIMIT FOODS**

Your procedure prep begins 7 days prior to your procedure, or as soon as possible if your procedure is within 7 days. Do NOT consume: vitamins with iron, raw vegetables, popcorn, seeds, nuts. When in doubt, do NOT eat it.

#### **24 HOURS PRIOR / BEGIN FASTING**

You will need to begin fasting 24 hours prior to your procedure time. This means do not eat ANY solid foods. You may only consume CLEAR or LIGHT COLORED liquids (see "Liquid Diet")

#### **6:30 PM, EVENING PRIOR / START LIQUID PREP**

At 6:30pm, on the evening prior to your procedure, you will need to take 2 Dulcolax laxatives and ONLY drink the first HALF of the prep. Please make sure to drink plenty of CLEAR or LIGHT colored fluids to keep yourself hydrated during the prepping process!

#### **7 HOURS PRIOR / CONTINUE LIQUID PREP**

You will need to take 2 Dulcolax laxatives and drink the second half of your prep. Continue to drink plenty of CLEAR or LIGHT colored fluids.

#### **5 HOURS PRIOR / FULL FASTING**

Five hours prior to your procedure time, you need to completely stop eating and drinking any items. This includes: gum, mint, ice. If you consume ANY items your procedure WILL be cancelled as you are placed at risk of aspiration or other complications. The ONLY exception is for those patients that have blood pressure or heart/cardiac medications that have to be taken.

#### **ONE HOUR PRIOR\*\*\* / ARRIVING AT THE FACILITY**

You will need to arrange for a driver to accompany you to the procedure, and after the procedure. A taxi service is not acceptable, unless you have someone to accompany you. Please make sure to have your photo id and insurance card(s). All body piercing(s) must be removed. \*\*\*\* Please make sure to arrive ONE HOUR PRIOR to your scheduled appointment time for your procedure. If your procedure appointment time is before 7:30am, please do not arrive until 6:30am. Additionally, if you procedure is scheduled at Wuesthoff, PLEASE ARRIVE 2 HOURS PRIOR to your appointment time. \*\*\*\*

\*\*\*\*\* SPECIAL INSTRUCTIONS \*\*\*\*\*

**MEDICATIONS**

The only medication(s) you are allowed to take the BEFORE your procedure is for blood pressure or heart/cardiac. These medications should be taken with the MINIMUM amount of liquid needed to swallow the medications. All other medications can be taken AFTER your procedure. If you are a Diabetic, or have other medications that you feel strongly about taking, you will need to coordinate between the Procedure Facility and your Primary Care or Prescribing Doctor (ie medications for: insulin, anxiety, pain). Please understand that the Procedure Facility has the right to cancel your appointment if you have taken anything by mouth within 5 hours of your procedure.

**LIQUID DIET**

Examples of acceptable items to consume during this stage of fasting include: water, tea, black coffee (no sweetener, cream or milk), apple juice, Sprite, Gatorade, chicken/beef broth, popsicles, Italian ice. DO NOT consume any liquids that contain the following color(s): green, blue, red, purple.

**CANCELLATION / NO SHOW**

If 72 hour notice is not given prior To your procedure time, you will be charged a \$150 fee. This fee is not covered by your insurance. Patients who have to cancel due to unavoidable circumstances, will not be charge; these include or but not limited to: prep issues, health conditions, insurance issues.

**FACILITY**

Please make sure to arrive ONE HOUR PRIOR to your scheduled appointment time for your procedure. If you are scheduled at Surgery Center of Melbourne and your procedure appointment time is before 7:30am, please *do not* arrive until 6:30am. Additionally, if you procedure is scheduled at Wuesthoff, PLEASE ARRIVE 2 HOURS PRIOR to your appointment time.

It is *extremely* important that you have a driver and someone who will be home with you after the procedure. The facilities will NOT let you go home alone, or go home with transport only. Please be aware that this is a facility policy due to the anesthesia you will be given for your procedure(s).