



INTERVENTIONAL GASTROENTEROLOGY

Simon K. Lo, MD \* Laith H. Jamil, MD \* Srinivas Gaddam, MD, MPH \* Quin Y. Liu, MD \* Stephen J. Pandol, MD \*  
Kenneth H. Park, MD \* Shirley C. Paski, MD

## PROCEDURE INFORMATION

**Patient name:**

**Date of Birth:**

**Procedure:** COLONOSCOPY

**Date of Procedure:**

**Check-in Time:**

Cedars-Sinai Medical Center  
Street Level, South Tower  
8700 Gracie Allen Drive  
Los Angeles, CA 90048

- Check in at the registration desk on the Street Level of the South Tower
- Please see “Physician Pre-procedure Order Sheet” for your pre-procedure testing requirements
- If you have questions about this appointment, please call our office at (310) 423-6082 between 8am and 5pm, M-F
- You **must** arrange a ride and have a responsible adult take you home after the procedure

ALL REQUESTED PRE-PROCEDURE TESTING RESULTS MUST BE RECEIVED AT LEAST  
24 HOURS PRIOR TO YOUR PROCEDURE TO AVOID CANCELLATION

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Mailing Address: 8700 Beverly Blvd. South Tower, Suite 7511 ▪ Los Angeles, CA 90048  
Toll Free: (888) 3-GI-DEPT ▪ Tel: (310) 423-6082 ▪ Fax: (310) 423-1826



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## COLONOSCOPY

### IN PREPARATION FOR YOUR PROCEDURE

- Please have your pre-op testing results faxed to us at least one week before your appointment
- *If you are on **blood thinners**:*
  - In most cases, you may need to hold **blood thinner medications** (i.e. Coumadin, Plavix, Xarelto, Eliquis, Pradaxa, etc) several days prior to your procedure BUT follow the guidelines recommended by the prescribing provider, who will need to provide us with documentation of **cardiac and/or medical clearance** for the procedure. If you have questions about these medications, please call our office at (310) 423-6082 and ask to speak to a nurse.

### 5 DAYS PRIOR TO YOUR PROCEDURE

- Stop taking **Iron** and **NSAID medications** (anti-inflammatory medications such as ibuprofen (Advil, Motrin), Celebrex, etc.). **Aspirin 81mg** is okay to continue.
- Follow a **low fiber diet**. Aim to keep your fiber intake to less than 15 grams per day. Stop eating seeds, nuts, and popcorn.
- *If you are **diabetic or taking insulin**:*
  - Please notify your provider that you will be fasting for at least 8 hours. Please hold your diabetic medications the day of the procedure or as instructed by your provider and check your blood sugar accordingly.
- One of our nurses will call you before your procedure to review instructions and health history and answer any questions you may have. **Please have your medication list available.**

**The following items need to be purchased at a pharmacy (no prescription needed):**

1. **One bottle (238 grams)** of Miralax™ powder or generic *polyethylene glycol 3350*
2. **64 ounces** of Powerade Zero™ or low calorie Gatorade™ (no red, blue, or purple color)
3. **4 tablets** of Dulcolax™ laxative 5mg tablets or generic *bisacodyl*
4. Tucks wipes (optional)

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**YOUR BOWEL PREPARATION REGIMEN:**

Day	Time	Instructions
1 day before your procedure	All day	<input type="checkbox"/> Begin your <b>clear liquid diet</b> the entire day. Examples of clear liquids: Water, strained fruit juices WITHOUT PULP (apple, white grape), tea or coffee WITHOUT creamer or milk, clear chicken or beef broth, carbonated and non-carbonated soft drinks, gelatin or Jell-o as long as they are NOT red, purple or blue
	3:00PM	<input type="checkbox"/> Take 4 Dulcolax™ tablets. <input type="checkbox"/> Mix the entire bottle of Miralax™ into the 64 ounces of Gatorade. Mix solution until it is fully dissolved. <input type="checkbox"/> Drink an 8-ounce glass every 10-15 minutes until you have consumed half (32 ounces). Place the remaining solution in the refrigerator.
	7:00PM	<input type="checkbox"/> Drink the remainder of the Miralax/Gatorade solution. Drink an 8-ounce glass every 10-15 minutes until the mixture is gone. You must finish the solution at least 6 hours before your procedure.
	12:00AM	You may drink CLEAR LIQUIDS until midnight. <u>DO NOT eat or drink after midnight.</u>

**Tips:** The prep may not be palatable. If you experience nausea, bloating, or vomiting, then you may increase the time interval between each 8-ounce glass.

**THE DAY OF YOUR PROCEDURE:**

- You may take certain **blood pressure or heart medications** at least two hours prior to your scheduled procedure time with a sip of water.
- Please bring your **photo I.D. and insurance card**.
- **Please check in at the Registration Desk in the lobby of the South Tower (street level) by your arrival time.**
- **You must arrange a ride and have a responsible adult take you home after the procedure** since you will be receiving sedative medications and will not be allowed to drive yourself home or ride

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public transportation such as a taxi by yourself. If you are planning to take a taxi service, a family member or a friend must accompany you home. Please have their contact information available.

- If you are scheduled after 12:00pm, you may call the nursing station at (310) 967-7441 to check if the procedures are on schedule to prevent a prolonged wait in the hospital.
- Dress comfortably and leave all valuables at home.

#### LOCATION:

- Your procedure will take place on the 7<sup>th</sup> floor of the South Tower at Cedars-Sinai Medical Center located at 8700 Gracie Allen Drive in Los Angeles, CA 90048. **You will check in at the Registration Desk on the street level of the South Tower then proceed to the 7th floor for your scheduled procedure.** Follow the signs to the “GI Endoscopy Unit”.

#### PARKING:

- Validated parking (\$5.00 flat fee) is available in Parking Garage P4 (Sherbourne Drive), Spielberg Visitor Parking (P2), and North Tower Visitor Parking P1 (George Burns Road). Valet parking is available in P3 for an additional fee. Please refer to the map attached.
- We **cannot** validate parking for the East and West Medical Office Parking Tower.

#### AFTER YOUR PROCEDURE:

- Recovery time usually takes 45 minutes to 1 hour depending on how you are doing after the procedure. Please plan on being at the medical center for at least 4 hours.
- In some cases, you may need to stay overnight at the hospital if indicated by your doctor. Please pack an overnight bag.
- You will be given instructions in the Recovery Room about when to resume your medications, diet, and prescription instructions, if applicable.
- If the doctor has taken any biopsies, it takes 3-5 business days on average to receive results. Once the doctor has reviewed results, we will contact you with any recommendations.

#### MEDICAL RECORDS:

- A copy of your procedure note and results will only be faxed to **your referring physician** once it has been finalized by our physician.
- You may request a copy of the finalized reports for personal use through our **Health Information Management Department**, Phone: (310) 423-2259. A copy of the form you must sign can be found on the Cedars-Sinai Website at <http://www.cedars-sinai.edu>

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## DRIVING DIRECTIONS & PARKING INFORMATION

<p><b>Our clinic is located at:</b> Thalians Health Center 2<sup>nd</sup> Floor Room E204 8730 Alden Drive Los Angeles, CA 90048</p>	<p><b>Our procedure area is located at:</b> Cedars-Sinai Medical Center GI Endoscopy Unit – South Tower, 7<sup>th</sup> Fl 8700 Gracie Allen Drive Los Angeles, CA 90048</p> <p><i>You must check-in with the Registration Desk on the Street Level of South Tower if you have a procedure.</i></p>
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### **San Fernando Valley or Ventura County**

Take 101 South to 405 South to 10 East. Exit on Robertson Blvd, head north for 3 miles to Alden Drive and make a *right*. Parking Lot P2 is on your *left* hand side on the corner of Alden Drive and George Burns Rd.

### **LAX, Beach Cities, or Orange County**

Take 405 North to 10 East. Exit on Robertson Blvd, head north for 3 miles to Alden Drive and make a *right*. Parking Lot P2 is on your *left* hand side on the corner of Alden Drive and George Burns Rd.

### **Pasadena, Duarte, or Cities near the 134 and 210 Freeways**

Take 110 South to 10 West. Exit on Robertson Blvd, head north for 3 miles to Alden Drive and make a *right*. Parking Lot P2 is on your *left* hand side on the corner of Alden Drive and George Burns Rd.

### **Monterey Park, El Monte, Baldwin Park, or Cities near the 10 and 60 freeways**

Take 10 West. Exit on Robertson Blvd, head north for 3 miles to Alden Drive and make a *right*. Parking Lot P2 is on your *left* hand side on the corner of Alden Drive and George Burns Rd.

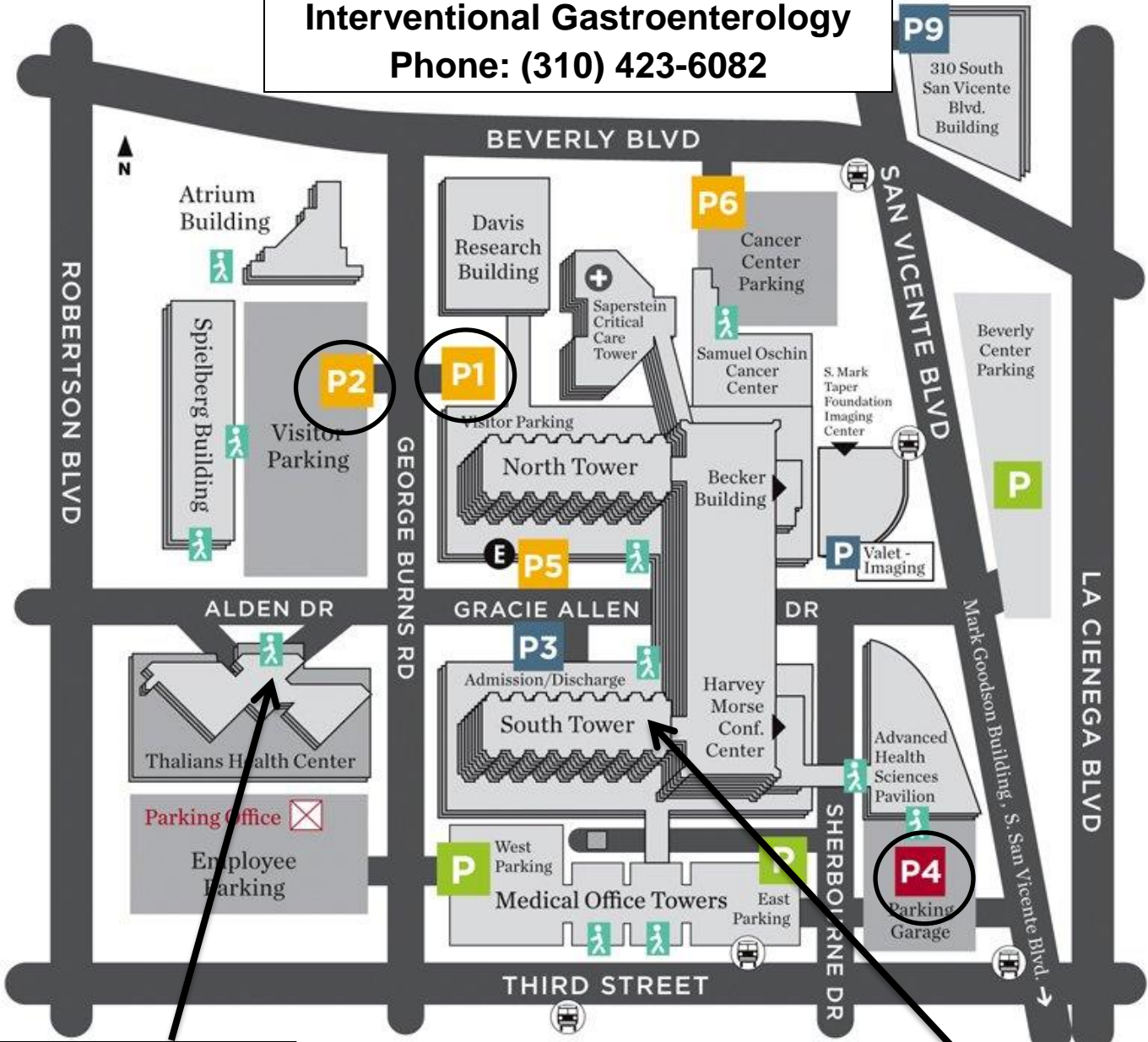
### **Westwood, Sherman Oaks, or Van Nuys**

Take 405 South to 10 East. Exit on Robertson Blvd, head north for 3 miles to Alden Drive and make a *right*. Parking Lot P2 is on your *left* hand side on the corner of Alden Drive and George Burns Rd.

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**Cedars-Sinai Medical Center Map  
Interventional Gastroenterology  
Phone: (310) 423-6082**



*If you have an office visit:*  
Register in the **Thaliens Building** on the **2<sup>nd</sup> floor Rm E204.**

**KEY**

	Visitor Parking
	Valet Parking
	Visitor & Valet Parking
	Non-Cedars-Sinai Parking
	Emergency Parking
	Pedestrian Entrance
	Bus Stop

*If you have a procedure:*  
You must check-in at the **Registration Desk** located on the Street Level of **South Tower.**  
Your procedure will take place in the **GI Endoscopy Unit** on the **7<sup>th</sup> floor.**

\$5 Parking with validation in Parking Lots: **P2, P4, and P1**  
Valet Parking available for additional fee in Lot **P3**