

DOCTOR MARK DAVIDSON, M.D.

PATIENT'S NAME \_\_\_\_\_ D.O.B: \_\_\_\_\_

YOUR PROCEDURE \_\_\_\_\_

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

TIME OF PROCEDURE \_\_\_\_\_ ARRIVE \_\_\_\_\_

LOCATION G.I. Lab \_\_\_\_\_

ADDRESS \_\_\_\_\_

TELEPHONE # \_\_\_\_\_

REFERRING PHYSICIAN \_\_\_\_\_

ADDRESS \_\_\_\_\_

TELEPHONE # \_\_\_\_\_

OTHER SCHEDULED TEST(S) \_\_\_\_\_

SCHEDULER: \_\_\_\_\_ DATE \_\_\_\_\_

PATIENT UNDERSTANDS INSTRUCTIONS:

BRING THIS PAMPHLET BACK ON YOUR NEXT OFFICE APPOINTMENT

RETURN APPOINTMENT:

\_\_\_\_\_  
\_\_\_\_\_

## Welcome to the Practice of Mark M. Davidson, M.D.

CEDARS-SINAI MEDICAL TOWERS  
8631 WEST THIRD STREET  
SUITE 1135-E  
LOS ANGELES, CA 90048  
PH# (310) 855-0222



*We are pleased that you have selected  
Dr. Davidson as your physician*

We would like you to feel secure in knowing that we will do our best to provide you with the best medical care. For your convenience, we have designed this "Patient Information Form" to acquaint you with our Gastroenterology services. After your initial consultation with Dr. Davidson, you may have (EGD) and/or Colonoscopy. These procedures, performed at one of the local hospitals or at a local surgery centers, will assist Dr. Davidson in investigating the nature of your problem.

1. For the procedure, an overnight fast is Mandatory. Not even water should be taken for eight hours prior to the procedure. If your procedure is scheduled for the afternoon, you may be allowed to have clear liquids or water in the early morning. Please discuss these options with your scheduler.

2. Upon arrival at the facility, the nurse will prepare you for the procedure. Medications to relax you will be administered and a nurse will remain with you during and after the procedure to answer any questions you may have. Most procedures take less than one hour, with some taking as little as fifteen minutes. However you must allow at least 2 hours from the time the procedure ends for stabilization and observation by a nurse professional.

3. You may take medications and resume eating after the procedure.

4. Due to the medications sedative effect, you must have someone drive you home after the procedure. If you do not bring a driver, your procedure will be cancelled.

## COLONOSCOPY

After receiving a mild sedative, a small flexible tube is passed into the rectum and large intestines. The Gastroenterologist is able to see the colon walls, take photos, biopsy, and removed polyps (benign tumors). The exam is particularly useful for identifying causes of diarrhea, constipation and rectal bleeding.

### INSTRUCTIONS

**1) DIET:** Clear liquid on day before the exam. Clear liquids consist of liquids that can be seen through, i.e., water, bouillon, jello, apple juice without pulp, ginger ale, sodas, ice pops. No red food please. No aspirin or anti-inflammatory analgesic at least four days prior to procedure.

### 2) SOLUTIONS:

***Bowel prep. solution with flavor packs: makes 1 gallon***

pour water into the gallon container and drink all of it within a 6 hour period of time. This should be done while you are on your liquid diet and started no later than 12:00 p.m. the day before the procedure.

***Halflytely bowel prep kit: 2 pills and ½ gallon of solution***

Take the 2 pills at 4:00p.m., wait for the first bowel movement and then start taking a 8oz. glass of solution every 10-15 minutes until completed. If you do not have a bowel movement by 6:00p.m, you should start taking the solution.

***MoviPrep Instructions:***

Empty 1 pouch A and 1 pouch B into the container and fill with lukewarm water at 5:00 p.m. the day prior to the procedure. Drink 1 cup every 15 minutes. Repeat the above procedure at 10 p.m.

### 3) OTHER:

## YOU MUST FOLLOW THESE INSTRUCTIONS FOR ALL PROCEDURES:

- \* Please arrive 60 minutes before the scheduled procedure and report to the outpatient admitting department. Bring this Pamphlet to the G.I. Lab and give to the nurse.
- \* You make take your medications on the day of your procedure except for medications for Diabetes Mellitus. You may bring your medication(s) with you, if necessary. Medication such as Insulin will be administered after the procedure.
- \* Bring all necessary insurance information, i.e. medical card(s) and identification card or driver's license.
- \* If for any reason you are unable to keep a scheduled appointment, please call at least 24 hours before your appointment. It is imperative that you call. Failure to do so may result in your being charged for an office visit.
- \* If you do not fully understand any of the instructions, feel free to call our office for clarification at (310) 855-0222.
- \* Follow all prep instructions. If you have problems with the prep, call our office, another prep may be prescribed. If you are not properly cleaned, the procedure may be rescheduled a repeat prep may be required.
- \* **You must bring a driver or procedure will be cancelled. Public transportation is not allowed.**

Other Prep Instructions:

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