



# Carolinas Gastroenterology Centers

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\_\_\_\_\_’s

## COLONOSCOPY PROCEDURE PREPARATION

You are scheduled with:

Dr. \_\_\_\_\_ @ \_\_\_\_\_

Please arrive at: \_\_\_\_\_

Your procedure time is at: \_\_\_\_\_

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## Special Point of Interest:

You **MUST** have a driver **bring** you to the procedure, **remain** on the premises **throughout** the procedure and drive you **home**. Failure to do so will result in postponement or cancellation of your procedure.

## **Day before your examination - Date** \_\_\_\_\_

*Do not eat solid food the day before your procedure - clear liquids only! Deviating from the clear liquid diet may prevent adequate preparation for the exam and impair our ability to complete the procedure.*

## **Clear Liquid Diet Guidelines**

NO RED, ORANGE OR PURPLE COLORS WITH ANY OF THE ITEMS BELOW:

Chicken or Beef Broth (canned or boullion)  
NO NOODLES or RICE

Apple or White Grape Juice

Clear or Yellow Soft Drinks (Sprite, Sundrop, Ginger Ale, Mountain Dew, Sierra Mist)

Crystal Light or Kool Aid

Popsicles (no yogurt or ice cream)

Jello - flavor suggestions: peach, lemon, lime, watermelon, white grape Gatorade or Powerade - these are excellent replacement fluids.

Although most alcohol is clear it is not considered a clear liquid on **this** diet!

**NO** milk, creamed soups or crackers - you may have black tea or coffee.

Drink the first dose of Prep at \_\_\_\_\_ pm. You may continue to drink clear liquids after drinking your first dose of Prep.

Drink the second dose of Prep at \_\_\_\_\_ (4 hrs. prior to exam). Drink clear liquids up to \_\_\_\_\_ (3 hrs. prior to arrival time). Then have nothing by mouth until after the procedure.

Do not discard any remaining solution.

**\*\*If at any time you feel *extremely full or nauseated* you may stop drinking for 30 minutes but then return to drinking the preparation. This tends to occur early in the preparation before your bowels begin moving.**

You may have clear liquids up to 3 hours prior to your arrival time. **EATING OR DRINKING WITHIN 3 HOURS OF YOUR PROCEDURE COULD CAUSE A DELAY OR CANCELLATION. PLEASE AVOID CORN NUTS AND POPCORN 1 WEEK PRIOR TO YOUR COLONOSCOPY.**

Please allow a total of **3 hours** from the time of ARRIVAL to the time of departure.

Make sure you bring someone (**friend/family**) to drive you home; you will not be allowed to drive yourself or take a taxi by yourself. **YOUR DRIVER MUST STAY THE ENTIRE TIME.**

**\*\*NO JEWELRY PERMITTED\*\***

Do not drive, work, operate machinery, or make important decisions the rest of the day.

## Medication Guidelines

### **The morning of the procedure you may take medications for:**

High blood pressure, Heart conditions, Asthma / Lung conditions, Seizures, Thyroid conditions

**\*\*Please take these with just a small sip of water\*\***

If you are **diabetic**, the **day of your preparation** you may take any oral diabetes medications as you normally do. If you take insulin, please take 1/2 of the dosage amount that is normally required the day prior to your procedure. **The morning of your procedure you should hold ALL diabetes medications.**

If you take **Coumadin/Plavix** and we have not already discussed what you should do with this medication, please call your physician office for specific instructions.

This does not include NSAIDS, Multivitamins with Iron.

You do not have to hold **Aspirin**.

## Colonoscopy FAQs

**What type of Gatorade can I have?** Gatorade Rain or any light colored Gatorade is ok.

**Why can't I have anything red, purple or orange?** The dyes used in food to produce these colors do not always get absorbed by the body and the residue can look like blood in your colon.

**Why does my driver have to stay the entire time I am at the facility?** For your safety. Your judgment is impaired due to the sedation and you cannot make sound decisions during or after your procedure.

**How long does it take?** The colonoscopy itself takes less than 30 minutes but plan on being at the facility about 2 to 2 1/2 hours from arrival to discharge.

**When do I get the results of my test?** The physician will speak with you and your driver after the procedure. Biopsy results are usually available in 5-7 business days. You will be notified by phone, letter, or at your follow up visit of these results.

**What services can the patient expect to receive a bill for?** Facility, Provider, Lab, Pathology and Anesthesia.

## Hints and Tips to Make your Colonoscopy Easier

Clear liquids only.

Wear loose, comfortable clothing that is easy to get into and out of to the procedure. You may also want to wear or bring socks.

Use disposable wet wipes during the preparation - pat, don't wipe.

Also, you may use A&D Ointment or a similar product to reduce irritation of the anal area during the preparation.

Drinking through a straw can help with the taste of the preparation and you can get it down faster!

The Colonoscopy can be performed during your menstrual cycle.

It is very important to follow these instructions closely in order for your procedure to be as safe and thorough as possible. Inadequate preparation may result in a difficult and/or incomplete examination, which may require the need for a repeat procedure.

If you have any questions about your upcoming Colonoscopy or these preparation instructions please call your physician office or scheduler.

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