

### Procedure:

Date – \_\_\_\_\_

Arrival Time – \_\_\_\_\_

**Continue your clear liquid diet until 2 hours prior to arrival time and then nothing by mouth.**  
This includes WATER, TOBACCO, MINTS, GUM. Any consumption will result in a delay or cancellation of your procedure.

**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 delay or cancellation of your procedure.**

Location –	<b>NE Digestive Vinehaven</b> 1070 Vinehaven Dr NE Concord, NC 28025	<b>NE Digestive Poplar Tent</b> 9965 Poplar Tent Rd Concord, NC 28027	<b>Gateway Surgery Center</b> 1025 NE Gateway Ct NE Concord, NC 28025	<b>Atrium Cabarrus Hospital</b> 200 Medical Park Drive Concord, NC 28025
------------	--	---	---	--

\*If your procedure is scheduled at Gateway Surgery Center, please call (704) 920-7049 between 2pm-4pm one business day prior to your procedure for your arrival time and time to drink your second preparation.

Physician – \_\_\_\_\_

### 3 Days Before Your Procedure:

Eliminate foods from your diet that are difficult to digest. This is what we call a low residue diet. **Foods to eliminate include:** fiber cereal like All Bran and Fiber One, nuts, seeds, popcorn, raw vegetables, and fresh fruit.

### 2 Days Before Your Procedure:

Begin a clear liquid diet at breakfast (see page 2 for suggestion list)  
For this preparation you must purchase a 64oz. bottle of any light-colored Gatorade. No RED, PURPLE, or BLUE. Place Gatorade in the refrigerator to chill.

Mix the bottle of MiraLAX (255gm) with the 64oz. container of Gatorade. You will need to pour out about 8 oz. of the Gatorade before mixing otherwise the bottle could overflow. Shake well and place back in the refrigerator. Beginning at **6:00pm**, drink 8 oz. of the MiraLAX/Gatorade solution every 15 minutes until the solution is gone. You MUST drink all of the MiraLAX/Gatorade solution. If you feel nauseous- slow down, relax, and sip. After you have finished the MiraLAX /Gatorade solution, take 4 Dulcolax tablets.

### 1 Day Before Your Procedure:

Remain on clear liquid diet today.  
Mix the bottle of MiraLAX (255gm) with the 64oz. container of Gatorade. You will need to pour out about 8 oz. of the Gatorade before mixing otherwise the bottle could overflow. Shake well and place back in the refrigerator.

Beginning at **6:00pm**, drink 8 oz. of the MiraLAX/Gatorade solution every 15 minutes until the solution is gone. You MUST drink all of the MiraLAX/Gatorade solution. If you feel nauseous- slow down, relax, and sip.

After you have finished the MiraLAX /Gatorade solution, take 4 Dulcolax tablets.

### Medication Guidelines:

The morning of your 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 before your procedure you may take any oral diabetes medications as you normally do. If you take insulin, please take your regular AM insulin dose and ½ dose of any PM insulin. The morning of your procedure you should hold all diabetes medications.

If you are on any **blood thinners**, please see the list below for how long to hold your medication prior to your procedure:

<b>Pradaxa, Xarelto or Eliquis</b>	2 days
<b>Coumadin, Plavix, Brilinta, Jantoven, or Aggrenox</b>	5 days
<b>Effient</b>	7 days

Hold **Iron** for 5 days prior to your procedure. This does not include Multivitamins with Iron.

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

Gentlemen- Please hold **erectile dysfunction medications** for 3 days prior to your procedure.

Stop any **illicit drugs** 3 days before your procedure (i.e., marijuana, cocaine, or other hallucinogens).

### Dietary Guidelines: Please begin the liquid diet 2 days before your procedure.

#### Please avoid all RED, PURPLE and BLUE colored clear liquids!

#### Examples of Allowable Clear Liquids:

Water (the original clear liquid)  
Crystal Light or Kool Aid  
Chicken or Beef Broth (canned or boullion) NO  
NOODLES or RICE  
Apple, White Cranberry, or White Grape Juice  
NO Orange Juice

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

Popsicles and Italian Ice (no yogurt or ice cream)  
Jello- flavor suggestions: peach, lemon, lime, white grape

Gatorade or Powerade –these are excellent replacement fluids.

Tea and Coffee without creamer

**NO milk, creamed soups, or crackers while you are on clear liquid diet.**

### Helpful Hints to Make Your Colonoscopy Easier:

- Wear loose, comfortable clothing, as well as socks. Please do not wear any jewelry from the chest up.
- Use pre-moistened wipes during the preparation-pat, don't wipe.
- Use A&D Ointment or a similar product (no Vaseline) after bowel movements to reduce irritation of the anal area.
- Drinking through a straw can help with the taste of the preparation and you can get it down faster!
- Ladies- Colonoscopy can be performed during your menstrual cycle. Tampons are acceptable.

### Colonoscopy FAQs:

- *What if I feel nauseous or vomit while taking my prep?*  
It is okay, as you should continue to go to the bathroom. However, if you do not have a bowel movement please call us.
- *Why can't I have anything red, purple or blue?*  
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.
- *I can't have any solid food after breakfast?*  
No. If your colon is not adequately cleaned out it will impair our ability to perform a complete examination and possibly result in the need for a repeat colonoscopy.
- *What if I cannot tolerate the preparation?*  
Please call the office ASAP at 704-783-1840. If it is before 5pm, the office staff can help you with alternatives. If it is after 5pm, the closed greeting provides the phone number for the on-call physician who can assist you.
- *Should I reschedule if I have a cold?*  
Yes, if you have an upper respiratory infection, please call our office to cancel your procedure, as this can affect your anesthesia and the overall process of your procedure. Seven (7) days after your infection has been resolved, please call back to reschedule.
- *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 ½ hours from arrival to discharge.
- *Does the procedure hurt?*  
Most people don't even remember their procedure! If you experience any discomfort, it is usually cramping (like gas pain).
- *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 10-14 business days. Please sign up for our patient portal, as your results will be posted on there.

Please remember, it is very important that these instructions be closely followed for your procedure to be as safe and thorough as possible. Inadequate preparation can result in a difficult and possibly incomplete examination.

If you have any questions, please feel free to call us at **(704) 783-1840**.

Office Hours: Monday – Thursday from 8:00am to 5:00pm and Friday from 8:00am to 2:00pm