

PINEHURST MEDICAL CLINIC ENDOSCOPY CENTER

PHONE: 910-295-9364

Appointment Date: _____ Arrival Time: _____

Location: _____ Physician: _____

Colonoscopy Instructions (Dulcolax Prep)

CONFIRMATION OF APPOINTMENT:

1. You will receive an automated telephone reminder two weeks prior to the scheduled date of your procedure. During this phone call you will be able to confirm your appointment. If you do not receive this call you must call us at (910) 295-9364 to confirm your appointment.
2. You must confirm your appointment no later than 7 days prior to your procedure date. If you do not, your procedure will be cancelled.
3. If you confirm your appointment and then fail to arrive for your procedure and you have not given us at least 24 hours notice you will be charged \$100.00 for not keeping your procedure appointment.
4. Please review these instructions carefully and write down any questions you may have. It is very important that you begin to follow these instructions at least 10 days prior to your appointment to ensure that you understand it and are able to follow the directions. We may be reached at (910) 295-9364 if you have additional questions.

Please Note: Patients who are scheduled at the hospital will not receive a confirmation phone call from Pinehurst Medical Clinic.

A FEW DAYS BEFORE YOUR PROCEDURE:

1. You will receive a phone call from one of our nurses to discuss your procedure.
2. The nurse will ask if you have your prep and the prep instructions.
3. If you have an artificial heart valve please inform the nurse at this time.
4. Purchase Dulcolax 5mg laxative tablets. **The generic name for Dulcolax laxative is Bisacodyl.** These will be available over-the-counter. **Please be sure the box says laxative (NOT STOOL SOFTENER).** You will need a total of 12 tablets to prepare for colonoscopy.

DRIVER:

You must have an adult who is at least 18 years old to drive you to the procedure appointment and drive you home. **The Driver must stay in the waiting area during the entire procedure. Patients cannot be dropped off and picked up later. Procedures will be delayed until the designated driver is in the waiting room.**

PINEHURST MEDICAL CLINIC ENDOSCOPY CENTER

PHONE: 910-295-9364

MEDICATION INSTRUCTIONS:

Stop taking the following medication:

- **Iron tablets:** Stop taking **seven (7) days before** your procedure. This does not include multivitamins.
- If you have a drug covered stent (Cypher or Taxus) in place in your heart arteries, **You Should Not Stop Aspirin Or Plavix Without Checking With Your Cardiologist Or Your Primary Care Physician.**

Ask your primary physician or your cardiologist if you can stop the following medications under our instructions:

1. **Plavix:** Stop taking **five (5) days before** your procedure.
2. **Coumadin:** Stop taking **three (3) days before** your procedure.

****Diabetic Patients: DO NOT TAKE diabetic medications (Pills or Insulin) the night before or the morning of your procedure.**

DIET INSTRUCTIONS:

Stop eating the following foods:

1. Fat Free Foods **ten (10) days before** your procedure especially foods that contain Olestra or Olean.
2. Fruits and Vegetables with seeds and skins such as tomatoes or grapes **three (3) days before** your procedure.
3. Roughage foods such as leafy green vegetables or salads **three (3) days before** your procedure.
4. All Beans, Corn, and Nuts **three (3) days before** your procedure.

You may eat MEAT, WHITE BREAD, PASTA, RICE, and POTATOES. **Do not prepare foods with anything red or purple.**

THE DAY BEFORE THE PROCEDURE:

1. Begin a clear liquid diet. This includes water or liquids such as coffee, tea, broth, diet sodas, sugar-free jello, hard candy, or popsicles. Do not drink any dairy products or use any creamers. **Do not eat** sherbets or fruit bars. **Avoid all clear liquids that are colored red or purple.**
2. In preparation for your procedure, you will need to take **12 Dulcolax 5mg laxative tablets (NOT STOOL SOFTNERS.)** These are available over the counter and should be taken with an 8 oz. glass of orange juice.
 - a. Take 4 Dulcolax 5mg laxative tablets at 12 noon, 4pm, and 8pm the day before your procedure. Each dose will need to be taken with an 8oz glass of orange juice. It very important that you drink the entire 8oz. of orange juice with each dose of dulcolax.

PINEHURST MEDICAL CLINIC ENDOSCOPY CENTER

PHONE: 910-295-9364

Please note: If you have any problems or concerns while following these instructions please call our office at 910-295-9364 to speak with a nurse. If you have any an URGENT matter AFTER office hours you should call the hospital operator at 910-715-1000 and ask for the Pinehurst Medical Clinic GI Physician on call.

PROCEDURE DAY:

Do not eat or drink prior to your appointment or your procedure will either be delayed or cancelled.

You May Take the Following Medications with small sips of water only:

- Blood Pressure and Heart Medications not listed above.
- Asthma and Breathing Medications not listed above.
- Anti-seizure Medications
- Anti-Depressants.
- Thyroid Medications

IF YOUR PROCEDURE IS AT 2PM OR AFTER 2PM:

1. You may have clear liquids no later than 8am. This includes water, tea, black coffee, broth, juice, soda, clear jello without fruit, hard candy and popsicles. (Nothing red or purple). **Do not use any dairy products or creamers.**
2. **Do not eat or drink after 8am** or your procedure will either be delayed or cancelled.

ADDITIONAL INSTRUCTIONS:

1. Bring a list of your medications with the dosages to your procedure appointment.
2. Wear comfortable clothes that are easy to get into and out of. You may want to wear or bring socks.
3. Your driver may want to bring snacks while they wait for you. We do not have snack machines in the waiting room.
4. **Do not wear** fingernail polish
5. **Do not wear** necklaces, chains, bracelets, or earrings. You may wear your wedding band and a watch.
6. If applicable, please remove nose and/or tongue piercings prior to your procedure.
7. Please leave all valuables at home.