

Gastroenterology Endoscopy Center of**PINEHURST:** 15 Regional Dr, Pinehurst, NC 28374 (910) 235-3178**SANFORD:** 110 Dennis Dr. Sanford NC 27330 (919) 774-4511**COLONOSCOPY INSTRUCTIONS****Patient Name:** _____ **Physician:** _____**Appointment Date:** _____ **Arrival Time:** _____ **AM / PM****MEDICATIONS:**

Blood Thinners: If you take **BLOOD THINNERS**, such as Brilinta (Ticagrelor), Coumadin (Warfarin), Effient (Prasugrel), Eliquis (Apixaban), Plavix (Clopidogrel), Xarelto (Rivaroxaban), Aggrenox (ASA/Dipyridamole) and you did not have a pre-procedure clinic visit, please contact our office immediately. **You will need special instructions concerning these medications.**

Diabetic Patients: DO NOT TAKE any oral diabetic pills, or short-acting insulin doses, the day before or the day of your procedure. If your blood sugar level is above 100, you may take ½ of your normal **long-acting** insulin dose the day before your procedure (do not take the day of your procedure).

STOP TAKING Iron/Ferrous Sulfate tablets 1 week before your colonoscopy. Iron can darken your colon, making it more difficult to visualize and detect any abnormalities. You may continue to take multivitamins.

DIET:

Three days before your procedure (2 days before you start your prep): CHANGE YOUR DIET!

Avoid all foods with skins or seeds (eg. beans, corn, tomatoes, peppers, blueberries, everything bagels). Avoid leafy green vegetables, salads, and nuts. Follow a low-fiber, low-residue diet.

Foods you **MAY eat** include meat, fish, cheese, cottage cheese, yogurts, eggs, white bread, pasta, white rice, peeled potatoes, condiments (mayonnaise, mustard, creamy peanut butter and jellies-no jams with chunky fruit, ripened bananas, and cooked carrots).

The entire DAY before your procedure: Follow a CLEAR LIQUID diet. No solid foods. No dairy products. Examples of clear liquids include: black coffee with sugar/sugar substitute (no creamer), juice without pulp (apple, white grape), electrolyte drinks, sweet/unsweet teas, beef/chicken/vegetable broths, seltzers, water, plain Jell-O (lemon, lime, orange, pineapple), popsicles, Italian ice, sodas (avoid cream sodas), etc.

Bowel Prep instructions are on page 2. There are several prep options. Your prep has been selected based on insurance coverage and safety. You may check with your insurance provider if you prefer an alternate prep. If so, you will need to call us to send the alternative prescription to your pharmacy.

BOWEL PREP INSTRUCTIONS

All preps will be taken in 2 separate doses

You will need to purchase 4 Dulcolax 5mg laxative tablets and Simethicone Gas Drops 1oz

FIRST PREP DOSE: *The evening before your colonoscopy:*

At 5:00 PM, Take the 4 Dulcolax tablets with orange, apple, or white grape juice.

At 6:00 PM, Pour ½ bottle of Simethicone gas drops into your prep. Drink the 1st half of your prep according to the following instructions: You may mix your solutions and place them in the refrigerator at least one hour prior to consuming to allow the solution to cool.

- **Gallon (PEG)**: Add lukewarm water up to the top line in the jug and mix well. Drink one 8 oz glass every 10-15 minutes until the jug is halfway gone (approximately 8 glasses)
- **MoviPrep**: Open and pour 1 packet A & 1 packet B in the container provided. Add lukewarm water up to the top line and mix well. Every 15 minutes, drink down to the next line until the bottle is empty.
- **Suprep**: Mix one 6 oz bottle with water in the 16 oz container provided and drink over approximately 20 minutes. Drink 32 oz of water/clear liquids afterwards. (**Note**: Instructions included on the box received from the pharmacy state you may eat a light breakfast. Please DISREGARD these instructions, you should ONLY have CLEAR LIQUIDS).
- **Suflave**: Add 1 flavor packet to the 1-liter bottle provided. Add lukewarm water to the bottle, then gently shake to mix. Drink 8 oz of the solution every 15 minutes until the bottle is empty. (**Note**: Instructions included on box received from pharmacy state you may eat a light breakfast. Please DISREGARD these instructions, you should ONLY have CLEAR LIQUIDS).
- **Clenpiq**: Drink one 6 oz bottle over approximately 20 minutes. Drink 40 oz of water/clear liquids afterwards.
- **SuTab**: Fill the provided container with water (16 oz). Open one of the containers of 12 tablets. Take 1 tablet at a time with water. Wait 1-2 minutes in between each tablet. Ensure you finish the 16 oz of water. Drink 32 oz of water after you have completed taking the 12 tablets.
- **Plenvu**: Empty dose 1 pouch into the mixing container included in the box. Add 16 oz of water to the fill line on the container. Mix to dissolve completely. Drink the entire container of solution over the next 30 minutes. Drink 16 oz of water/clear liquids afterwards.
- **Gatorade**: *Purchase the following from over-the-counter:*
 - 64 oz of Gatorade
 - 8.3 oz of Miralax powder.
- Mix the 64 oz of Gatorade with the 8.3 oz of Miralax powder in a pitcher. **At 5:00 PM**, Take the 4 Dulcolax tablets with orange, apple, or white grape juice. **At 6:00PM**, drink one 8 oz glass of prepared Gatorade solution every 10-15 minutes until half of the solution is gone (approximately 4 glasses). **Note: For your second dose, DO NOT** take Dulcolax tablets. Drink the remaining Gatorade solution

SECOND PREP DOSE: 5 hours before your arrival, you will need to pour the remaining bottle of Simethicone Gas Drops into your prep and drink the 2nd ½ of your prep, following the same steps as listed above until the solution is entirely gone. You may continue drinking clear liquids throughout the process up until 3 hours before your arrival. **DO NOT HAVE ANYTHING else by mouth, including water 3 hours before your arrival.**

You may take the following medications in the morning on the day of your procedure before your arrival: Blood Pressure, Heart, Asthma/Breathing, Seizure, Antidepressants, Anti-Anxiety, Thyroid Medications, and Aspirin. **Note:** If you are taking these medications within 3 hours before your arrival, take them with a small sip of water ONLY. **DO NOT TAKE** any Diabetic medications.

BOWEL PREP INSTRUCTIONS

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YOU MUST HAVE A RESPONSIBLE DRIVER TO ACCOMPANY YOU!

The driver must be **18 years or older** and must stay in the waiting area. Patients cannot be dropped off and picked up later. Procedures will be delayed until the designated driver is in the waiting room. If you are using transportation, you must have a responsible adult accompany you who can remain in the building during your procedure.

1. Make sure you pick up your prescription for the prep *at least* 1 week before your appointment.
2. Bring a list of your medications with dosages and frequency to your appointment.
3. Please bring a photo ID and your insurance card(s).
4. Wear comfortable clothing and you want bring socks.
5. Do not wear necklaces, chains, or dangly earrings. You may wear your wedding band and a watch.
6. You **must** remove nose, lip, and/or tongue piercings before your procedure.

What to Expect Before Your Appointment

Please plan to spend at least 2-3 hours at the clinic for your appointment. Arrival times are subject to change. You will be contacted by telephone/email/text 1-2 days before your appointment to confirm your arrival time.

After drinking the entire prep, your stools should be a clear to yellow liquid, with little or no solid debris. If you do not have good results from the prep, please call.

Confirmation of Appointment:

You will receive an automated telephone/email/text reminder 2 weeks before the scheduled date of your procedure. During this message, you will be able to confirm your appointment. If you do not receive this message, you **must** call your schedule location listed above to confirm your appointment and avoid the automatic cancellation of your procedure.

You **MUST** confirm your appointment at least 72 hours (3 full business days) before your procedure date to avoid cancellation.

If you confirm your appointment and then fail to arrive for your procedure without providing at least 72-hour (3 full business days) notice, you will be charged \$250.00 for not keeping your appointment. Special circumstances will be considered on a case-by-case basis. For complete details, please see Pinehurst Medical Clinic's Patient Appointment Attendance Policy. The complete policy can be found at www.pinehurstmedical.com/attendance.

Questions?

Please review these instructions carefully and write down any questions you may have. Additional information may be found on our website at www.pinehurstmedical.com/gastroinfo.

Please call our endoscopy center staff at your scheduled location with any additional questions you may have.

NOTE: This is an elective procedure. Patients must be aware that delayed complications may occur after the procedure, especially if polyps are removed and/or biopsies are taken. The risk of complications is very low; however, the doctors *recommend* that you avoid traveling out of state for 14 days after your procedure.