



## *Procedure Information*

You are scheduled for a Colonoscopy. Please read all of the attached information as soon as possible so you are prepared for your upcoming procedure.

**PHYSICIAN PERFORMING PROCEDURE:** \_\_\_\_\_

**DATE:** \_\_\_\_\_

**LOCATION:** \_\_\_\_\_

**PROCEDURE TIME:** \_\_\_\_\_

**CHECK-IN TIME:** \_\_\_\_\_

Please closely follow the instructions below in prepping for your procedure. It is very important that you follow them carefully, or we will be unable to perform the procedure and it will be cancelled.

**This packet includes:**

1. Instructions for 14 days, 5 days, 3 days and 2 days prior to your procedure
2. Instructions for diabetic patients
3. Instructions for the day prior to your procedure
4. Shopping list for the preparation
5. Colonoscopy information

This information should answer most of the questions you may have about your procedure. If you still need additional assistance, please contact our office nearest you.

As a reminder, if you cancel your procedure less than 3 business days before your scheduled appointment, you may be charged a \$100 no show fee.

You must have an adult driver with you at all times when you are at the endoscopy center/hospital. You should expect to be at the endoscopy center/hospital between 2 ½ and 3 hours. Your driver must stay at the endoscopy center/hospital during your procedure.

**Exception:** If you are scheduled for a flexible sigmoidoscopy and you are NOT receiving sedation, then you may drive yourself home after your procedure.

### Carolina Digestive Health Associates

#### Phone Numbers

Billingsley: 704-372-7974

Belmont: 704-820-9430

Concord: 704-455-9700

Davidson: 704-799-2750

Matthews: 704-814-0779

Monroe: 704-291-2488

Pineville: 704-543-7305

University: 704-547-8818

## *Medication Instructions*

### **14 DAYS BEFORE PROCEDURE:**

- Discontinue taking Phentermine and Hydroxycut.

### **5 DAYS BEFORE PROCEDURE:**

- Discontinue taking medicines that may thin your blood, such as: COUMADIN, Jantoven, PLAVIX, TICLID, Heparin, Aspirin, Excedrin, Effient, Alka Seltzer, Empirin, Ecotrin, Bufferin, Ascriptin, Ibuprofen, Motrin, Advil, Medipren, Nuprin, Naproxen (Naprosyn), Aleve, Sulindac, Clinoril, Piroxicam, Feldene, Indomethacin, Indocin, Diclofenac, Voltaren, and BRILINTA(Ticagrelor) unless otherwise directed by your physician. If any of these are a medical necessity for you, please inform us as soon as possible by calling our office.
- Please stop all iron products, multi-vitamins, and fish oil.
- **IF YOUR DOCTOR HAS PRESCRIBED ASPIRIN:**
- Please decrease your aspirin to 81 mg a day.
- After your procedure, you will be informed when you may resume taking your regular medications.
- **Tylenol is safe to use prior to this procedure.**
- **\*\*\* If you do not see your medication or supplement listed here, verify with your local pharmacy your medication doesn't include Aspirin. \*\*\***
- **\*\*\* Contact us if any major health problems occur between now and your procedure.**

### **2 DAYS BEFORE THE PROCEDURE:**

- Discontinue taking Xarelto, Eliquis, and Pradaxa. If either of these are a medical necessity for you, please inform us NOW.

### **\*\*\*\*\*DAY OF THE PROCEDURE\*\*\*\*\***

- If you take Blood Pressure Medications, Heart Medications, or Seizure Medications take your medicines, at the times you normally would, with a sip of water.

### **GENERAL INSTRUCTIONS FOR DIABETIC PATIENTS**

- Check your blood glucose during the preparation period, especially if you suspect it is too low.
- Your blood glucose levels may run higher than usual during this period due to adjustments in your diabetes medication. If blood glucose becomes extremely high (greater than 350), call our office, your PCP or your diabetes doctor.
- For low blood glucose levels, you may drink sweetened clear liquids (such as apple juice). Inform the endoscopy nurse upon arrival if this was necessary.
- Resume your usual diabetic diet and medications immediately after your procedure(s) unless you are instructed to do otherwise. If your diet remains restricted following the procedure, ask for instructions regarding diabetic medication adjustment.

## *Diabetic Instructions*

**If you are diabetic and having a Colonoscopy, or a Colonoscopy and EGD, follow these instructions:**

**ORAL DIABETES MEDICATIONS** - If you take oral diabetic medications, stop these medications the day before your colonoscopy. You will be on clear liquids only for most or all of this day. Restart these medications after the procedure when you resume eating.

**INSULIN – If you take insulin of any type, follow these guidelines:**

- **Lantus or Levmir** - Take your usual dose unless your blood glucose is tightly controlled (glucose levels are usually in the normal range or are occasionally low). In that case, reduce the dosage by one fourth on the day before you begin your laxative prep (two days before your colonoscopy) and on the day of the prep (the day before your colonoscopy). Resume your usual dose after the procedure. (Example: If you take 40 units, adjust to 30 units)
- **70/30 or 75/25 insulin** - Take half of your usual dose the day of the prep (the day before your colonoscopy). On the morning of the procedure, take half of your usual dose or, if you have a procedure before 11:00am, bring your insulin with you to take before your next meal. Resume your usual dose after the procedure.
- **Meal-related insulin** – If you take a set dose of insulin before each meal, stop this the day of the prep (the day before your colonoscopy). Continue to take Sliding Scale Insulin as usual. Resume your usual dose after the procedure.
- **Sliding Scale Insulin** – Continue this as usual.
- **Insulin pump** – Reduce the dose of your insulin by one fourth or consult your endocrinologist for recommendations. Resume your usual dose after the procedure. (Example: If you take 4 units/hour, adjust to 3 units/hour)

## **MiraLAX – Afternoon Procedure (12-5 pm)**

### **3 DAYS BEFORE THE PROCEDURE**

- Stop eating CORN, BEANS, CELERY, LETTUCE, TOMATOES, RAW FRUITS, SEEDS, and NUTS until after your colonoscopy.
- Pick up supplies from your pharmacy (see shopping list)

### **DAY BEFORE YOUR PROCEDURE**

#### **NO SOLID FOODS UNTIL AFTER THE PROCEDURE IF YOU EAT, YOUR PROCEDURE WILL BE CANCELLED**

The day before your procedure, the only thing you can have is clear liquids. You will have nothing other than clear liquids until after your procedure has been completed. The clear liquid diet ends four (4) hours before your procedure; at that point you must have nothing further.

- You may have water, clear fruit juices (white grape, apple), soda (Sprite, Ginger Ale, Pepsi, Coke, and diet colas), Jell-O, ice pops, broth, bouillon, coffee, tea, Gatorade
- You may NOT have anything red, purple, blue, or orange
- You may NOT have milk or milk products (this includes non-dairy creamers)

## **TAKING YOUR PREP MEDICATIONS**

### **12:00 noon**

Take 2 (5mg) bisacodyl (dulcolax) tablets with an 8 oz glass of water. These tablets can be purchased over the counter. Do not crush, break, or chew them. Do not take the tablets within 1 hour of taking an antacid (e.g. Pepcid, etc).

### **5:00 pm**

Mix the 238g (8.3oz.) bottle of MiraLAX with 64 oz of a non-carbonated clear liquid of your choice. Stir until the powder dissolves completely. Drink one 8 oz glass every 10 to 15 minutes until the solution is gone.

### **7:00 am – the morning of the procedure**

Mix 3 caps full of the 119g (4.1 oz.) bottle of MiraLAX with 24 oz of a non-carbonated clear liquid of your choice. Stir until the powder dissolves completely. Drink one 8 oz glass every 10 to 15 minutes until the solution is gone.

**\*\*\*After finishing this dose of MiraLAX, you may have clear liquids up until 4 hours before your procedure time. During the 4 hours before your procedure, you may not have anything to eat or drink including: water and all other clear liquids, gum, candy, chewing tobacco, snuff or food items. \*\*\***

**YOUR STOOLS SHOULD BE LIGHT YELLOW OR CLEAR WITH NO PARTICLES. IF THIS IS NOT THE CASE, PLEASE CONTACT YOURPHYSICIAN.**

## Your Shopping List

### Items to purchase from your pharmacy:

\_\_\_\_\_ MiraLAX 238g (8.3 oz.) bottle – This is over the counter. You may substitute with a generic brand.

\_\_\_\_\_ MiraLAX 119g (4.1 oz.) bottle – This is over the counter. You may substitute with a generic brand.

\_\_\_\_\_ 2 (5mg) bisacodyl (dulcolax) tablets – This is over the counter.



238g OTC – generic okay



119g OTC - generic okay



OTC – only 2 tablets needed

### Examples of clear liquids you may purchase from any store:

- |  |   |
|--|---|
| _____ Water                                    | _____ ICE pops (yellow & green) No fruit bars |
| _____ Yellow, Green or Clear colored Gatorade  | _____ Broth                                   |
| _____ Clear fruit juice – white grape or apple | _____ Bouillon                                |
| _____ Soda - Sprite, Ginger Ale, Pepsi, Coke,  | _____ Coffee (no creamer) and diet colas      |
| _____ Jell-O (yellow & green)                  | _____ Tea                                     |

**DO NOT HAVE ANYTHING RED, PURPLE, BLUE OR ORANGE**  
**DO NOT HAVE MILK OR MILK PRODUCTS (THIS INCLUDES NON-DAIRY CREAMERS)**

## *Colonoscopy Information*

Colonoscopy lets the physician look inside your entire large intestine, from the lowest part, the rectum, all the way through the colon to the lower end of the small intestine. The procedure is used to diagnose the causes of unexplained changes in bowel habits, signs of cancer in the colon and rectum, inflamed tissue, abnormal growths, ulcers, bleeding, and muscle spasms.

For the procedure, you will lie on your left side on the examining table. You will be given medication to keep you comfortable and to sedate you during the exam. This medication has a slight amnesic effect so you may not remember the procedure. The physician will insert a long, flexible tube into your rectum and slowly guide it through your colon. The scope also blows air into your colon, which inflates the colon and helps the physician see well. Most of the air is removed as the examination is finished.

Your physician may biopsy tissue and/or remove polyps by using tiny instruments passed through the scope. All (biopsy) tissue is sent to the lab for testing. If there is bleeding in the colon, the physician can use instruments through the scope to stop the bleeding.

Your colon must be completely empty for the colonoscopy to be thorough and safe. To prepare for the procedure, you must follow a clear liquid diet and use a laxative solution the day before the procedure. **DRINKING LIQUIDS AFTER THE RECOMMENDED TIME FRAME MAY CAUSE ASPIRATION, MEANING THE FLUID COULD GET INTO THE LUNGS AND CAUSE LIFE THREATENING COMPLICATIONS.** Please see the attached sheets for complete preparation details.

Colonoscopy takes 10-45 minutes, however, you will need to plan to be at the endoscopy center / hospital for 2 ½ to 3 hours. The medicine given for sedation should keep you from feeling discomfort during the exam.