



DROSSMANCARE

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Colonoscopy Preparation Information

You are scheduled for a colonoscopy, an examination of the colon (large intestine) with a lighted flexible scope. This is inserted into the rectum and advanced along the length of the entire colon. During the colonoscopy, if an abnormality is seen, it is usually biopsied or removed at that time. A biopsy involves removing a portion or all of the abnormal area for processing and subsequent examination under a microscope. If larger polyps (precancerous growths) are seen they can be removed by a snare; this is called polypectomy.

On the day of the procedure, please report to TRIANGLE ENDOSCOPY CENTER (TEC) at 249 East NC HWY 54, Suite 210, Durham, NC 27713. You should report there one (1) hour before your scheduled procedure. You will be instructed to undress and put on a hospital gown. In preparation for this procedure, you will be administered intravenous fluids, a sedative and/or pain medications. You will be drowsy, but not completely asleep during the colonoscopy. However, you may not remember the test.

Please plan to be with us for a total of two or three hours. When you arrive, you will need to complete the facility registration prior to admittance. The nursing staff will perform a brief assessment, place your I.V., and take you into the procedure room. The colonoscopy itself takes about 30-45 minutes.

After the colonoscopy, you will rest in the recovery area while the sedative wears off. Due to the sedation, you may not remember your conversation with the doctor after the colonoscopy. Please have a family member or friend stay with you that can speak with the doctor and nurses after the procedure. Please note, **By law, you cannot drive the rest of the day of the colonoscopy.** We advise you to take off the entire day of work.

A thorough cleansing of the colon is essential. The examination is most successful if you follow the directions for preparation completely. Any stool left in the large intestine can hide important conditions that may be present. An examination as important as this requires careful preparation. **If you have any questions about the test or preparation, please do not hesitate to call our office.**

55 Vilcom Center Drive ☎ Boyd Hall, Suite 110 ☎ Chapel Hill, NC 27514

Phone: 919-929-7990

www.drossmangastroenterology.com



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On the day of the procedure you MUST bring with you

- Your insurance card
- A photo ID
- A list of all prescription medications and non-prescription products (over-the-counter, anti-inflammatory, herbal vitamins, etc) you are taking and a list of any medication you are allergic to

Billing/Payment information

- You are responsible to check with your insurance and understand your particular insurance benefits. Please note that if a biopsy is required, this MAY change your plan benefit from a screening colonoscopy to a diagnostic or surveillance colonoscopy and can affect your coverage amounts.
- **Cancellation Policy:** Any cancellations made without a 72 hour notice may risk a re-schedule charge of \$50.00. Please note that these cancellations must be made 8:30 AM to 4:30 PM, Monday-Friday.



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Patient Instructions for Colonoscopy Preparation

It is important that you follow these instructions in order for us to perform the colonoscopy. Please do not hesitate to contact our office if you have any questions or concerns with these instructions.

- You will need to be accompanied by a responsible adult who must stay at Triangle Endoscopy Center (TEC) the entire time during the procedure, as well as drive you home. For safety reasons, TEC will not allow the procedure to be done unless there is someone there to drive you. It is recommended that you not drive for 24 hours after the procedure. We also recommend a responsible adult stay at home with you for 24 hours after the procedure.
- You must bring your CPAP machine to TEC if you have CPAP-dependent obstructive sleep apnea or your procedure will not be performed.
- If you are allergic to any medications, please inform the doctor of these allergies, **particularly if there is a history of allergies to Valium, Demerol or Fentanyl.**
- Please avoid aspirin, Aggrenox, Advil, Aleve, Celebrex, Bextra, or any other anti-inflammatory medication, vitamin E, ginkgo biloba, ginseng, Echinacea, and garlic tablets for 10 days prior to the colonoscopy. Please avoid Plavix, Pradaxa (dabigatran), Warfarin (Coumadin), iron supplements, Colace and olestra for five (5) days prior to the procedure. **Please check with your primary care provider or cardiologist before stopping Plavix, Pradaxa (dabigatran), Warfarin (Coumadin).**
- For pain relief, you may take Tylenol or acetaminophen as needed.
- Please do not take any diuretics/fluid pills on the day of the procedure.
- Please **DO** take your blood pressure and heart medications with a sip of water on the day of the procedure. All other medications can be taken after the procedure.
- If you take diabetic medications, do not take them the morning of your procedure. **Please bring diabetic medication with you to your appointment.**
- You should wear casual, loose-fitting clothing. Do not bring jewelry, purses or other valuables with you. You will need to bring your insurance card and a photo ID.
- Do not wear nail polish or false nails the morning of your procedure so that the oxygen monitor on your finger can perform adequately.
- Do not drink alcoholic beverages, take any sedatives, sleeping pills or narcotics 24 hours before or after your procedure unless instructed by your physician.
- You must notify the doctor if you have an internal defibrillator device, pacemaker, or a latex allergy.

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Standard Colonoscopy Prep

1 day prior to known colonoscopy

1. Breakfast and lunch: Low residue diet (no seeds or nuts)
2. After lunch: clear liquids only. This may include water, Gatorade, soda, transparent juices, or black coffee. No candies, gum, jello, or dairy products, are allowed.
3. Noon (or as soon possible thereafter): Take four 5 mg Dulcolax tablets by mouth
4. At 6 PM begin drinking one glass (8 ounces) of the PEG solution every 15 minutes until all contents are consumed. You may stop when the stools are clear liquid.
5. Do not eat after midnight. You may drink clear liquids only up until bedtime.
 - a) If nausea or vomiting occurs, wait an hour and begin drinking again but reduce amount to 4 ounces every 20 minutes.
 - b) If you cannot complete at least one fourth of the PEG solution by 8 PM OR if stools are not clear in the morning, contact Ms. Kellie Bunn at 919-929-7990 when the clinic opens at 8AM to determine if the procedure needs to be rescheduled or if you would like to discuss an alternate prep.

MIRALAX PREP FOR COLONOSCOPY

Need to purchase:

- #2 64oz bottles of Gatorade (any flavor except RED)
- 1 8oz bottle of Miralax (available over-the-counter without prescription)

Instructions:

Empty ½ bottle of Miralax into each bottle of Gatorade (in other words, you are dividing the Miralax into the 2 bottles of Gatorade). This will result in approximately one gallon of prep solution. Follow the directions for the timing of the PEG solution prep above but substitute the Miralax/Gatorade solution instead.

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