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Atrium Health

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Atrium Health Pineville • 10628 Park Road, 1st Floor Endoscopy Unit
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Atrium Health Union West • 1000 Healing Way, Endoscopy Suite
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COLONOSCOPY PROCEDURE PREPARATION

You are scheduled with:

Dr. _____ on _____ @ _____

Please arrive at: _____

Your procedure time is at: _____

Important Information Inside This Issue:

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Day before your examination - Date _____

The day before your procedure please have **ONLY CLEAR LIQUIDS. NO SOLID FOOD.** Following the prep instructions will enable your doctor the highest chance of successfully completing your procedure.

Your clear liquid diet

A clear liquid diet consists of liquids you can see through like water, 7-up, Ginger Ale, clear broth, clear juices, tea, coffee, and plain gelatin. They should not have any pulp or small bits of food. **(Preferred if they are not red or orange in color).**

Here are liquids you may have:

- Chicken or beef broth (canned or bouillon) that has no noodles or rice
- Apple or white grape juice
- Brown, clear, or yellow soft drinks (like Sprite, Sundrop, Ginger Ale, Mountain Dew, Sierra Mist, Coke, Diet Coke, Pepsi, and Diet Pepsi)
- Crystal Light (yellow or green)
- Popsicles
- Tea and black coffee
- Jello
- Gatorade or Powerade (these are very good for you because they help replace electrolytes you lose during the prep)

It is very important to remember:

- **NO** milk, cream, creamed soups, or crackers. Your tea or coffee cannot have cream or milk in it.
- **NO** yogurt, ice cream, or gelato.
- **NO** alcohol. Even though alcohol is clear, you are not to drink it.
- **NO** marijuana use 24 hours prior to procedure.

Special Point of Interest:

You may have clear liquids up to 3 hours prior to your procedure time. ABSOLUTELY NOTHING BY MOUTH 3 HOURS BEFORE YOUR SCHEDULED PROCEDURE. Failure to comply will delay or possibly cause the cancellation of your procedure due to potentially fatal complications that can happen when anesthesia is given and your stomach is not completely empty.

- Remember your prep will be split.

Remember these things you need to have with you:

- **Your adult driver must stay with you and drive you home.** The total time will be about 3 hours.
- Be sure to remove all jewelry before leaving your home.
- Your insurance card or cards.
- Check, cash, or credit card to pay your co-pay.
- The completed Health History Form.
- Your driver's license or other form of I.D.

**** Do NOT walk into the facility drinking fluids of any kind.**

Medication Guidelines

The morning of the procedure you may take medications for:

High blood pressure, Heart conditions, Asthma / Lung conditions, Seizures, Thyroid conditions, and Anxiety

****Please take these with just a small sip of water, 3 hrs prior****

*** If you take Coumadin/Plavix or other blood thinners and we have not already discussed with you how to take this medication, please call your physician office for specific instructions.**

Avoid corn, nuts, and popcorn for improved outcomes.

Colonoscopy FAQs

Why do I need a driver? For your safety. Your judgment is impaired due to the sedation and you cannot make sound decisions during or after your procedure.

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 7-10 business days. You will be notified by phone, letter, MyCarolinas, or at your follow-up visit of these results.

What services can the patient expect to receive a bill for? Facility, Provider, Lab (if ordered), Pathology (if ordered) and Anesthesia (if participating in your care).

Why is my prep split? Research has shown taking prep at two different times leads to better cleansing of the colon and detection of polyps.

Hints and Tips to Make your Colonoscopy Easier

Wear loose, comfortable clothing that is easy to get into and out of to the procedure. You may also want to wear or bring socks.

Use disposable wet wipes during the preparation – pat, don't wipe.

Also, you may use A&D Ointment or a similar product to reduce the irritation of the anal area during the preparation.

Drinking through a straw can help with the taste of the preparation and you can get it down faster!

The Colonoscopy can be performed during your menstrual cycle.

Remember...

It is very important to follow the instructions in this packet. You need a clean colon for your doctor to see it clearly and if you have growths, or polyps, that need to be removed or if there are other problems that need to be taken care of. If it is found you did not do the prep as instructed another colonoscopy may have to be re-scheduled.

If you have any questions about your upcoming Colonoscopy or the information in this packet, be sure to call your doctor's office at 704-512-6161.

PLEASE NOTE: Many insurance providers will cover 100 percent of the cost of colonoscopy exams, which means there's often no out-of-pocket cost to you or your dependents. However, if a condition is or has been identified through a colonoscopy, or if a certain history of symptoms is present, any testing, diagnosis, analysis, or treatment may not be considered a preventive service and is subject to any related copays and deductibles within your plan. Please check with your insurance provider for details specific to your plan.