



Charlotte Medical Clinic

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_____ 's

COLONOSCOPY PROCEDURE PREPARATION

You are scheduled with:

Dr. _____ @ _____

Please arrive at: _____

Your procedure time is at: _____

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Special Point of Interest:

You **MUST** have a driver **bring** you to the procedure, **remain** on the premises **throughout** the procedure and drive you **home**. Failure to do so will result in postponement or cancellation of your procedure.

Day before your examination - Date _____

Deviating from the clear liquid diet may prevent adequate preparation for the exam and impair our ability to complete the procedure.

Clear Liquid Diet Guidelines

NO RED, ORANGE OR PURPLE COLORS WITH ANY OF THE ITEMS BELOW

Clear or Yellow Soft Drinks (Sprite, Sundrop, Ginger Ale, Mountain Dew, Sierra Mist)

Gatorade or Powerade - these are excellent replacement fluids.

Crystal Light or Kool Aid

Although most alcohol is clear it is not considered a clear liquid on **this** diet!

Chicken or Beef Broth (canned or boullion) NO NOODLES or RICE

Popsicles (no yogurt or ice cream)

Jello- flavor suggestions: peach, lemon, lime, watermelon, white grape

NO milk, creamed soups, crackers, tea or coffee while you are on this diet.

Apple, Pineapple, or White Grape Juice

Drink the first dose at _____ pm. You may continue to drink clear liquids after drinking your first dose of Prep.

Drink the second dose of Prep at _____ (4 hrs. prior to exam). Drink clear liquids up to _____ (2 hrs. prior to exam). Then have nothing by mouth until after the procedure.

Do not discard any remaining solution.

****If at any time you feel *extremely full or nauseated* you may stop drinking for 30 minutes but then return to drinking the preparation. This tends to occur early in the preparation before your bowels begin moving.**

You may have clear liquids up to 2 hrs. prior to your procedure. **EATING OR DRINKING WITHIN 2 HOURS OF YOUR PROCEDURE COULD CAUSE A DELAY OR CANCELLATION.** Please allow a total of **3 hours** from the time of ARRIVAL to the time of departure.

Make sure you bring someone (**friend/family**) to drive you home; you will not be allowed to drive yourself or take a taxi by yourself. **YOUR DRIVER MUST STAY THE ENTIRE TIME.**
****NO JEWELRY PERMITTED****

Do not drive, work, operate machinery, or make important decisions the rest of the day.

Medication Guidelines

The morning of the procedure you may take medications for:

High blood pressure, Heart conditions, Asthma / Lung conditions, Seizures, Thyroid conditions
****Please take these with just a small sip of water****

If you are **diabetic**, the **day of your preparation** you may take any oral diabetes medications as you normally do. If you take insulin, please take 1/2 of the dosage amount that is normally required the day prior to your procedure. **The morning of your procedure you should hold ALL diabetes medications.**

If you take **Coumadin/Plavix** and we have not already discussed what you should do with this medication, please call us at **704-667-3960 or 704-355-8850** for specific instructions.

This does not include NSAIDS, Multivitamins with Iron.

You do not have to hold **Aspirin 81mg**.

Colonoscopy FAQs

What type of Gatorade can I have? Gatorade Rain or any light colored Gatorade is ok.

Why can't I have anything red, purple or orange? The dyes used in food to produce these colors do not always get absorbed by the body and the residue can look like blood in your colon.

Why does my driver have to stay the entire time I am at the facility? For your safety. Your judgment is impaired due to the sedation and you cannot make sound decisions during or after your procedure.

How long does it take? The colonoscopy itself takes less than 30 minutes but plan on being at the facility about 2 to 2 1/2 hours from arrival to discharge.

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 5-7 business days. You will be notified by phone or at your follow up visit of these results.

What services can the patient expect to receive a bill for? Facility, Provider, Lab, Pathology and Anesthesia.

Hints and Tips to Make your Colonoscopy Easier

Clear liquids only.

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

Use Baby wipes during the preparation - pat, don't wipe.

Use A&D Ointment or a similar product to reduce 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!

Ladies - Colonoscopy can be performed during your menstrual cycle. Please bring your supplies. Tampons are acceptable.

Please remember, it is very important that these instructions be closely followed in order for your procedure to be as safe and thorough as possible. Inadequate preparation can result in a difficult and possible incomplete examination.

If you have any questions about your upcoming Colonoscopy or these preparation instructions please call **704-355-8850 / 667-3960**.