

Pinehurst Medical Clinic, Inc.
Mid Carolina Gastroenterology
110 Dennis Drive, Sanford, NC 27330

Phone (919) 774-4511

Fax (919) 774-3196

PATIENT: _____

PROCEDURE DATE: _____

Arrival time: _____ ****PLEASE ARRIVE PROMPTLY AT THIS TIME****

If you receive a text or a message telling you a different time please **IGNORE IT**
(UNLESS IT IS AN ACTUAL PERSON ON THE PHONE)

Location: ___ Mid Carolina GI (Procedure Suite)
 ___ CCH Front Entrance

COLONOSCOPY PREPARATION WITH COLYTE

These prescriptions will be sent electronically to your pharmacy

Three days before exam, STOP the following foods and medications:

- fruits with skins (tomatoes, apples, berries)
- multigrain cereals/bread (can eat white/wheat bread); seeds, nuts, popcorn
- vegetables with skins/strings (string beans, corn, lima beans, peas, celery)
- Ibuprofen, Iron, Vitamin E, Goody or BC Powders, Aleve, Naproxen

*****STOP FISH OIL 7 DAYS PRIOR TO PROCEDURE DATE*****

If you are taking **COUMADIN, EFFIENT, PLAVIX, PRADAXA, XARELTO, BRILINTA, ELIQUIS** or any other blood thinners, we will contact your physician that is monitoring these medications for further instructions.

Drink 1 bottle of magnesium citrate (10 oz bottle) at 6pm on _____

Take 1-2 doses of Miralax daily for 1 week prior to colonoscopy starting _____

Diabetic Patients: DO NOT TAKE oral diabetic medications or short acting insulin on the day of clear liquids. If you normally take long acting insulin in the evening, check your blood sugar. If your sugar is above 100, take ½ your normal dose of long acting insulin. If your blood sugar is below 100, do not take your long acting insulin. Trulicity is NOT insuling and should be taken on whatever day it is due. **DO NOT TAKE** any diabetic medications on the morning of your procedure.

*****THE DAY BEFORE YOUR EXAM**, you must follow a clear liquid diet. **NO SOLID FOODS WILL BE ALLOWED AT ALL THE DAY BEFORE.** Drink fluids all day, the more clear liquids you drink the better cleaned out you will be, the better you will feel. **PUSH FLUIDS!!!!**

-Water-Popsicle's (**NO RED**) -Jello (No fruit/ **NO RED**) -Soup Broth (No noodles or vegetables)

-Soft drinks or Tea/Coffee (No cream/milk) -Sports Drinks -Gatorade/Powerade (**NO RED**)

-Apple Juice and White Grape Juice -**NO** alcoholic beverages

On the morning of _____ mix your Colyte with water, shake well and put in the refrigerator to chill.

Take 4 DULCOLAX tablets at 5:00pm on _____

First dose of COLYTE BEGINS @ 6:00 PM ON _____

Drink one 8oz glass every 15-30 minutes until half of the bottle is gone.

CONTINUE TO DRINK LIQUIDS UNTIL BEDTIME

Day of your procedure: _____ at _____ drink the remaining portion of the Colyte.

Continue drinking clear liquids up to **4 hours** before procedure at _____ then
NOTHING BY MOUTH AFTER THAT! IF YOU HAVE ANYTHING BY MOUTH WITHIN 4 HOURS OF YOUR PROCEDURE YOU WILL NOT BE SEDATED.

After the prep, your stools should be liquid, with little or no solid debris, If you do not have good results from the prep, please call the office about possible rescheduling. It is better to reschedule than to have an inadequate exam due to a poor prep.

Take your usual morning medications on the day of the procedure (unless otherwise instructed), with a sip of clear liquid. If you are diabetic you will be given specific instructions.

You must have a driver with you to drive you home because you will be sedated for the procedure. We require the driver to remain with you **THE ENTIRE TIME** during the procedure. No one under the age of 16 is allowed in the procedure area. Children must be accompanied by an adult in the waiting room at all times. There will be a \$100 charge for missed appointments without 48 hour notice.

I acknowledge that the above statements have been explained to me and I understand to contact the office with any questions or concerns

Handouts given to patients:

Initials

Patient Signature

Date