



2465 Emerald Place, Greenville, NC 27834
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COLONOSCOPY

You have been asked to undergo a procedure called a Colonoscopy. This is an examination of your large intestine. A colonoscopy is performed using a colonoscope, which is a flexible tube narrow enough to enter your rectum and large bowel. Your doctor may be able to diagnose your illness and plan treatment by examining the interior of your large bowel. In order to properly examine your colon, your bowels must be clear of all particulates. To achieve this, please follow the prep instructions below.

Before the exam, an I.V. will be started. You will receive a sedating medication through the I.V. to help you relax. While you are lying on your left side, your doctor will perform a rectal exam and then passes the instrument through the rectum to examine the large intestines. It generally takes 30-60 minutes for the actual procedure (perhaps longer if a growth or polyp is removed). You will also be monitored during the recovery period after the procedure.

Due to the sedation you receive, **YOU WILL NEED SOMEONE TO DRIVE YOU HOME.** Your driver is required to bring you to the appointment and must stay for the entire duration of the procedure.

If you take anitcoagulants (blood thinners) such as Coumadin, Heparin, Aggrenox or Plavix, please consult with your prescribing doctor about how long you can safely stop these medications prior to your procedure. Stop all ASPIRIN and ASPIRIN containing products **5** days prior to your procedure.

If you take any blood pressure, heart, or chronic pain medication you may continue to take those the morning of your procedure with a SIP of water. If you have a chronic lung condition that requires the use of an inhaler, please bring your inhaler to your appointment

PREP INSTRUCTIONS:

- Fill your prescription for Golytely, Colyte or Peg 3350 prep at your local pharmacy.
- Purchase Dulcolax tablets over the counter, you will need 4 pills

DAY BEFORE PROCEDURE:

Start clear liquid diet for the entire day (breakfast, lunch, & dinner): **EXAMPLES OF CLEAR LIQUIDS ARE LOCATED ON THE BACK OF THIS SHEET. Avoid anything red or orange in color.**

- In the morning, prepare Golytely/Colyte/Peg 3350 according to the label directions and refrigerate. You may use the flavor packets included in the kit.
- At 2 p.m. take 4 Dulcolax pills
- At 4 p.m. begin drinking the prepared solution. Drink 8 oz. every 15 minutes until the solution is gone.
- If bloating or nausea occurs, stop drinking until your symptoms subside (usually 15-30 minutes), then resume.
- You may continue clear liquids until 6 hours prior to your procedure: _____

Appointment Date: _____

Report to AGECE / VIDANT at: _____

Procedure is scheduled to start at: _____

Provider: Thomas Sturgis, M.D., F.A.C.P ♦ Raetta Fountain, M.D.

EXAMPLES OF CLEAR LIQUIDS:

AVOID ANY FOOD OR LIQUID THAT IS RED OR ORANGE IN COLOR

- Water (plain, carbonated or flavored)
- Fruit juices **without** pulp, such as apple or white grape
- Lemonade
- Carbonated drinks, including dark sodas (cola or root beer)
- Jell-O
- Tea or coffee **without** milk or cream
- Sports drinks, such as Gatorade or Power Aid
- Clear, fat free broth (bouillon or consommé)
- Hard candy, such as lemon drops or peppermints
- Ice pops **without** milk, bits of fruit, seeds or nuts
- Any foods not on the above list should be avoided