



ATLANTIC GASTROENTEROLOGY  
ENDOSCOPY CENTER

2465 Emerald Place, Greenville, NC 27834  
(p): 252-758-2424

**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.

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.

To obtain the best possible exam, the lower colon should be free of stool. To do this, you will need to purchase the following over counter items: If you take medications such as Aspirin, Coumadin, Eliquis, Pradaxa, Effient, Heparin, Aggrenox or Plavix please consult with your prescribing doctor about how long you can safely stop these medications prior to your procedure. You must stop any anti-inflammatory type drugs including, Ibuprofen, Motrin, Advil, Naproxen, Mobic and Celebrex **5** days prior to your procedure.

If you take any blood pressure medication or medication for chronic pain; you may take those the morning of your procedure with a **SIP** of water.

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**PREP INSTRUCTIONS:**

- (4) Dulcolax tablets
- 238 gram bottle of Miralax
- 64 oz. of Gatorade(NO RED OR ORANGE)

**DAY BEFORE PROCEDURE:**

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

Mix the 238 gram bottle of Miralax into 64 ounces of Gatorade. Shake the solution until the Miralax is dissolved. You may put the mixture in the refrigerator.

- 3:00pm- Take 4 Dulcolax tablets
- 5:00pm- Begin drinking the Miralax/Gatorade solution. Drink an 8 ounce glass every 10-15 minutes until all the solution is gone. You may continue drinking clear liquids until midnight.

**NOTHING TO EAT OR DRINK AFTER MIDNIGHT!**

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