

## COLONOSCOPY INSTRUCTIONS

Procedure Date: \_\_\_\_\_ Arrival Time: \_\_\_\_\_ Procedure Time: \_\_\_\_\_

Raleigh Endoscopy Center, Cary  
1505 SW Cary Parkway, Suite 202 Cary, NC 27511

Raleigh Endoscopy Center, Main  
2417 Atrium Drive, Suite 101, Raleigh, NC 27607

Raleigh Endoscopy Center, North  
8300 Health Park Drive, Suite 210, Raleigh, NC 27615

WakeMed Cary Hospital  
1900 Kildaire Farm Road, Cary, NC 27518

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### **Please Read and Follow These Directions Very Closely**

#### **ITEMS TO PURCHASE:**

1. Prescription Prep Solution: This is a medication we sent directly to your pharmacy. You will receive one of the following: Suprep, Clenpiq, Plenvu, SuTab, Golytely/Nulytely/Trilyte.
2. Miralax. Small bottle. Purchased over the counter. No prescription needed.
3. A zinc oxide barrier cream, such as Desitin, is also helpful to soothe any skin irritation.

#### **CALL CARY GASTROENTEROLOGY IF YOU:**

- ❖ Require ANTIBIOTICS for invasive procedure
- ❖ Have a LATEX ALLERGY
- ❖ Are on a blood thinner (Coumadin, Pradaxa, Xarelto, Eliquis, Arixtra, Plavix, Effient) or Take more than 81mg of ASPIRIN per day.
- ❖ Taking any weight loss medications. Your procedure will be cancelled if you do not stop weight loss medications 7 days prior to your procedure.

**THE FOLLOWING ARE ABSOLUTE REQUIREMENTS FOR YOUR PROCEDURE:**

- ❖ A licensed driver (age 18 and older) MUST accompany you at check-in and remain during your test.
- ❖ Taxis are prohibited. Driving yourself is prohibited. You cannot walk or ride a bike home. Plan on spending 3 hours at the procedure center. Do not bring jewelry or valuables.
- ❖ Wear comfortable clothing. Do NOT wear contact lenses. Bring warm socks.
- ❖ All medical clearances must be in our office prior to your procedure.
- ❖ You should have NOTHING BY MOUTH for 3 hours prior to your procedure.

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**PART ONE OF PREP INSTRUCTIONS**

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**7 DAYS PRIOR TO YOUR PROCEDURE: Day/Date: \_\_\_\_\_**

- ❖ STOP: Iron supplements, Vitamin E., St. John’s Wort, Fish Oil and Gingko products.
- ❖ STOP: Anti-inflammatory drugs (NSAIDS): Ibuprofen, Advil, Motrin, Aleve, Celebrex, Mobic.
  - ❖ STOP: ALL WEIGHT LOSS MEDICATIONS
- ❖ TYLENOL may be used freely, including the day of procedure.
- ❖ Your physician may ask you to stop blood thinners, including aspirin, between now and 5 days prior to your procedure. Check with Cary Gastroenterology to clarify this.

**3 DAYS PRIOR TO YOUR PROCEDURE: Day/Date: \_\_\_\_\_**

- ❖ **IMPORTANT DIET RESTRICTIONS:**
  - o NO fruits/vegetables with seeds: cucumbers, tomatoes, squash, broccoli, beans, kiwi, strawberries, and raspberries.
  - o NO granola bars, high grain cereals/breads, oatmeal, nuts, corn, or popcorn.

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**2 DAYS PRIOR TO YOUR PROCEDURE AT 6:00PM**      **Day/Date:** \_\_\_\_\_

Dissolve 2 capfuls/34 grams of Miralax in 16oz of liquid and drink over 5 – 10 minutes. Repeat the mixture 1 hour later.

**1 DAY PRIOR TO YOUR PROCEDURE (PREP DAY)**      **Day/Date:** \_\_\_\_\_

- ❖ **Breakfast:** You may have a light, low-fiber breakfast. NO fruit, vegetables, nuts, seeds, granola, or multi-grain breads. See samples below.
- ❖ **Snack:** You may enjoy a small, low-fiber snack before 12pm. See samples below.

Sample Breakfast Foods	Sample Snacks (Before 12pm)
❖ 1 Cup low-fiber cereal (e.g. corn flakes)	❖ 4 ounces lean meat (1/2 chicken breast)
❖ 2 Eggs	❖ Small baked potato, no skin
❖ 1 Plain bagel with cream cheese	❖ 1 Cup of pasta
❖ 2 Pieces white toast	❖ 10 small pretzels
❖ 1 cup milk; fruit juice without pulp	❖ 1/2 cup cottage cheese
❖ 1 cup yogurt without fruit	❖ 1 cup fruit or vegetable juice without pulp

- ❖ **12:00 PM:** You should only consume CLEAR LIQUIDS for the remainder of the day.
- ❖ DO NOT eat or drink anything colored red or purple; avoid dark colas. DO
- ❖ NOT drink milk. DO NOT drink alcohol.

Sample Clear Liquids
❖ Water, tea, Gatorade, Sprite, ginger ale, or Mountain Dew
❖ Chicken broth or vegetable broth
❖ Popsicles (without pulp or fruit pieces; no red or purple)
❖ White grape, apple, or white cranberry juice.
❖ Clear hard candy (lemon drops, lifesavers, Jolly Ranchers; no red or purple)
❖ Black coffee NO CREAMER. (We prefer you do NOT drink coffee at all)

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**6:00 PM: COMPLETE THE FIRST PART OF YOUR PREP.** Follow the instructions below for the particular prep you were prescribed:

☐ **SUPREP:**

- Pour ONE (1) 6-ounce bottle of SUPREP liquid into the mixing container provided.
- ADD cool drinking water to the 16-ounce line on the container and mix.
- Drink ALL the liquid in the container.
- You MUST drink two (2) more 16-ounce containers of water over the next hour.

☐ **CLENPIQ:**

- The kit includes two (2) bottles of premixed solution.
- Drink ALL of one pre-prepared bottle. No need to mix with anything. (Either bottle is fine, as they are the same solution).
- Using the cup included with your kit, drink 5 (FIVE) 8-ounce cups of clear liquid (upper line) over the next 5 hours.

☐ **SUTAB:**

- Open one bottle of 12 tablets.
- Fill the provided container with 16 ounces of water (up to the fill line). Swallow each tablet with a sip of water, drinking the entire amount over 15 to 20 minutes.
- One hour after the last tablet is ingested, fill the provided container a second time with 16 ounces of water (up to the fill line) and drink the entire amount over 30 minutes.
- Approximately 30 minutes after finishing the second container of water, fill the provided container with 16 ounces of water (up to the fill line) and drink the entire amount over 30 minutes. ▪ Continue drinking water only until the second dose.

☐ **PLENVU: Please use the 2-day SPLIT dose instructions**

- Use the mixing container to mix contents of the DOSE 1 POUCH with 16 ounces of water by shaking or using a spoon until completely dissolved.
- Slowly drink the 16-ounce mixed solution. Try to finish it within 30 minutes.
- Refill the container with 16 OUNCES of clear liquid and drink over 30 minutes.

☐ **GOLYTLEY, NULYTELY, GAVILYTE, HALFLYTELY OR TRILYTE:**

- ADD water to the "Fill To" level mark of the prep container. SHAKE until completely dissolved (this can be done in advance, then chilled).
- Drink HALF the prep solution. You should drink a minimum of 8-ounces of the solution every 10 MINUTES. You can drink it faster if you are able. Continue drinking clear liquids until bedtime.

**IF YOU DO NOT HAVE A BOWEL MOVEMENT BY 9:00PM, PLEASE CALL OUR ON-CALL PROVIDER AT (919) 816-4948.**

**MEDICATION ADJUSTMENTS:**

- ❖ Please take your blood pressure or heart medications at your normal time with sips of water. If you are
- ❖ on insulin or oral diabetes medications, please consult with your physician to discuss adjusting these medications. Typically, we recommend NOT taking your diabetes medications the day of the procedure, as you will be fasting that day.
- ❖ STOP all diuretics (water pills) the day before your procedure. Do not take them the day of the procedure.

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**PART 2 OF PREP INSTRUCTIONS**

**5 HOURS PRIOR TO ARRIVAL**

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PROCEDURE DAY/Date: \_\_\_\_\_ Time to Start 2<sup>nd</sup> Part \_\_\_\_\_

❖ **5 HOURS PRIOR TO YOUR ARRIVAL TIME:** Take the 2<sup>nd</sup> PART of your prep, as follows:

**SUPREP:**

- Pour ONE (1) 6-ounce bottle of SUPREP liquid into the mixing container provided.
- ADD cool drinking water to the 16-ounce line on the container and mix.
- Drink ALL the liquid in the container.
- You MUST drink two (2) more 16-ounce containers of water over the next hour.

**CLENPIQ:**

- Drink the second bottle of premixed solution.
- Drink an ADDITIONAL 3 (THREE) 8-ounce cups of clear liquid (upper line).
- Drink the entire container over 60-minutes.
- Drink an ADDITIONAL 16-ounces of clear liquid or water.

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□ **GOLYTLEY, NULYTELY, GAVILYTE, HALFLYTELY OR TRILYTE:**

Drink the remaining HALF of the prep solution, drinking a minimum of 8 ounces of the solution every 10 minutes.

□ **PLENVU: Please use the 2-day SPLIT dose instructions**

- Use the mixing container to mix the contents of Dose 2 (Pouch A and Pouch B) with at least 16 ounces of water until dissolved. This may take a few minutes to mix.
- Drink the contents slowly over 30 minutes.
- Drink an ADDITIONAL 16-ounces of clear liquid or water.

□ **SUTAB:**

Open the second bottle of 12 tablets.

Fill the provided container with 16 ounces of water (up to the fill line). Swallow each tablet with a sip of water and drink the entire amount over 15 to 20 minutes.

One hour after the last tablet is ingested, fill the provided container a second time with 16 ounces of water (up to the fill line) and drink the entire amount over 30 minutes.

30 minutes after finishing the second container of water, fill the provided container again with 16 ounces (up to the fill line) and drink the entire amount over 30 minutes.

If you experience preparation related symptoms such as nausea, bloating, cramping, pause or slow the rate of drinking the additional water until symptoms diminish.

**\*\*\*\_IMPORTANT \*\*\***

You are to have **NOTHING BY MOUTH** beginning 3 hours prior to your procedure. This includes water, breath mints, gum, and candies.

Failure to follow these instructions will result in delay or cancellation of your procedure.

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## LOCATION AND ARRIVAL TIMES

### **Raleigh Endoscopy Center Patients:**

Please arrive at the endoscopy center ONE HOUR prior to your procedure.

Patients having procedures at the Raleigh Endoscopy Center(s) are not required to have Covid testing prior to the procedure. You will receive a call to do a pre-screen over the phone with the standard Covid screening questions.

\*\* If your procedure time is 7:30am, please arrive at 6:45am. The endoscopy center opens at 6:45am, please do not arrive any earlier than 6:45am.

### **WakeMed Cary Patients:**

Please arrive 2 hours prior to procedure time. If you have any questions or need additional information, please contact us at (919) 816-4948.

All WakeMed patients are required to be adhere to WakeMed Covid testing requirements. Please review “WakeMed Patients Only Coivd 19 Scheduling Instructions” document on our website, under Patient Resources, at [www.carygastro.com](http://www.carygastro.com).

As a reminder, procedures are done at the Raleigh Endoscopy Center(s) and WakeMed; **not** our offices. Please review your location and arrival time carefully.

If you have any questions or need help with any part of your prep, please call us and we will be glad to assist. (919) 816-4948.