



# Procedure Reminders

## Colonoscopy/Flexible Sigmoidoscopy

### Your Appointment

**Appointment Date:** \_\_\_\_\_ **Arrival Time:** \_\_\_\_\_

Your arrival time is 45 minutes prior to your procedure time. This allows time for check-in, health history review, and pre-procedure evaluation. Please be aware that we may contact you in the days leading up to your procedure, as your arrival time may be subject to change.

### Reminders About Your Appointment

**Please follow all instructions carefully, as improper preparation may result in your procedure being rescheduled.**

- **Transportation:** Due to the sedation you will receive, someone at least 18 years of age MUST bring you to your appointment, remain in their vehicle during the entire time of your procedure, and drive you home afterwards. A taxi, bus, Uber, Lyft, or similar service is NOT an acceptable form of transportation. If you arrive without a driver, your procedure will be rescheduled. If you have questions about whether a method of transportation is acceptable, please contact our office at the number listed below.
- **Alcohol Consumption:** Do not consume any alcohol during the course of your procedure preparation.
- **Jewelry:** Please leave all jewelry and other valuables at home or with your driver, as we do not provide a secure area for these items.
- **Questions?** Contact our office at **(336) 448-2427 (option 6, then option 2)** if you have any questions about your prep or if there are any changes in your medical history between the day of scheduling and the appointment date.

### Reminders About Medications

If you are taking medication on a regular basis:

- Take all necessary medications at least 4 hours prior to your arrival time.
- **Diabetes:** Please contact the prescribing physician regarding instructions for injectable diabetic medication the day before and the day of the procedure. **DO NOT TAKE oral diabetic medication** the day of the procedure.
- **Blood Pressure:** DO NOT SKIP any doses of your blood pressure medication.
- **Iron:** STOP taking iron 5 days before your procedure.
- **Inhalers and Nebulizers:** May be used up to the time of your procedure.
- **Blood Thinners:** Please contact the physician who prescribes this medication for you to make sure it is okay to stop taking it for the recommended time (listed below) prior to your procedure. You may remain on aspirin unless otherwise instructed.

**Aggrenox/Plavix:** 5-7 days

**Brilinta/Coumadin/Jantoven:** 5 days

**Effient:** 7 days

**Eliquis:** 48 hours

**Pletal/Persantine:** 48 hours

**Pradaxa:** 48 hours

**Savaysa:** 1-3 days

**Xarelto:** 24-48 hours

If you are on a blood thinner that is not listed, please contact the prescribing physician for instructions.



## Colyte / Golytely / Nulytely Colonoscopy Preparation Instructions

**FOLLOW THESE INSTRUCTIONS – NOT THOSE ON THE BOX YOU RECEIVE FROM THE PHARMACY!**

### ***Items to Purchase***

One (1) gallon of prescription prep solution  
Four (4) Dulcolax (Bisacodyl) 5mg oral laxative tablets (no prescription needed)

### ***2 Days Before Procedure***

- ✓ Eat a well-balanced diet. Avoid whole grain foods, nuts, seeds, popcorn, raw or dried fruits and vegetables and salads.  
**No solid food after midnight.**

### ***Day Before Procedure Beginning at 12:01am***

- ✓ **Begin a clear liquid diet. DO NOT consume anything red in color OR dairy products.**  
Clear liquids may include water, soft drinks, coffee or tea without cream, popsicles, broth/bouillon, Jell-O, non-pulpy juice, etc.
- ✓ Mix the gallon of prep solution and chill in the refrigerator until time to begin the prep.
- ✓ **2:00 pm:** Take four (4) Dulcolax 5mg tablets with water.
- ✓ **4:00 pm:** Begin drinking 8oz of the prep solution every 15-30 minutes until one half (1/2) of the solution is gone.  
If you become nauseated, stop the prep for 45 minutes then resume.

### ***Day of Procedure***

- ✓ Continue a clear liquid diet.
- ✓ **6 hours prior to arrival time:** Over the next 2 hours, drink the remaining half of the prep solution.
- ✓ **4 hours prior to arrival time:** Take any necessary medications.  
You should be finished drinking the prep solution.  
**ABSOLUTELY NOTHING ELSE BY MOUTH AFTER THIS TIME!** (This includes water.)