**Preparing For Your Colonoscopy**

Start the day before by drinking clear liquids **Please Read and Follow the Instructions**

**What to Bring:** Completed forms-Health History and Medication History.

Arrange for someone to drive you home. If you have not arranged for someone to drive you home your procedure will be **cancelled**. We prefer the driver to stay during the procedure. You will be sedated during your procedure and will not be allowed to drive for 24 hrs. In addition, someone will need to be with you and check on you after the procedure. You must have a responsible person over the age of 16 to accompany you home.

Many insurance carriers (not Medicare) and managed care companies require pre-authorization or pre-certification. To obtain coverage for these procedures, you will need to contact your insurance company. Our office is happy to answer any questions or help with any insurance situations; however it is ultimately your responsibility to contact your insurance and to know the benefits that covered by your policy. Let your insurance company know if your colonoscopy is either a screening or surveillance. If you need assistance or have questions call our authorization coordinator at **252-335-5588 -101 Bring your insurance cards and your co-pay(s) with you and Bring picture I.D.**

**What to Wear:** Wear comfortable loose fitting clothing that is easy to step into. Wear flat shoes or tennis shoes. **Do not wear jewelry/watch or bring valuables.**

**Medical Conditions** If you have any of the conditions listed below follow the instructions:

Diabetes- Normally we recommend that you do take your oral hypoglycemic (with a small sip of water) or ½ insulin before your procedure. You may bring it with you to take after your procedure. Check your blood sugar frequently while taking the prep solution and the morning of your procedure.

Aspirin – If you are taking aspirin due to a doctor’s order to prevent stroke or heart attack continue taking the aspirin. Stop taking your aspirin if you take it for other reasons.

Ibuprofen, Advil, Excedrin, Motrin- **Stop 5 days prior to your colonoscopy**

Coumadin (warfarin), Plavix (clopidogrel), Heparin, Lovenox (enoxaparin) or other anticoagulants –call your Primary Care Physician or Cardiologist for instructions. Notify Dr. Faber of recommendations. and if okay with your doctor- **Stop 5 days prior to your colonoscopy**

**About Your Visit Time:** All procedures vary in length. Some colons are harder to complete than others, due to these differences your procedure start time may need to be adjusted on the day of your procedure. Every effort will be made to keep your appointment at the scheduled time. Unexpected delays and emergencies may occur and your wait time may be prolonged. We give each patient the attention needed for their procedure.

**You should plan to stay at the hospital 3-5 hours.**

**Directions and Parking :**The endoscopy (GI) department is located on the second floor of Sentara Albemarle Hospital, address is 1134 North Road Street, Elizabeth City, NC The easiest way to get to the department is park in the front parking lot off 17 North. Enter the front door, register they will direct you where to go from registration.

**Cancel or Questions**

If you have questions please call **252-335-5588**. For cancelation we require 72 hours notice or as soon as possible. **Interpreter Service** If you need an interpreter provided please contact the Gastroenterology Department at 252-335-5588

**Questions To Ask Your Insurance Provider:**Your Insurance Provider may ask for these CPT Codes: o Screening colonoscopy 45378

o Biopsy 45380 o Polyp/Snare 45385

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| **Miralax, Dulcolax & Magnesium Citrate Bowel Prep for Colonoscopy** A bowel prep is done to clear the bowel of all solid matter. Its purpose is to prepare the bowel for surgery or a procedure. Please follow these instructions. Begin the bowel prep the day before your scheduled procedure. To prepare: If you take Coumadin, Warfarin, Plavix, Pradaxa, Effient, Xarelto, Eliquis or Aggrenox, you may need to stop it 5 days prior to your procedure. Consult your cardiologist or primary care physician to determine if this is necessary for you. If you are diabetic, please consult your primary care physician regarding your medication and diet. You will need these items from a pharmacy: Miralax-1 large bottle (8.3 ounces or 238 grams) • 4 Dulcolax or bisacodyl tablets (5 milligram tablets) • 1 bottle Magnesium Citrate (10 ounces) There may be store brands of these products that cost less. Ask the pharmacist to help you find what you need.  Buy one large 64-ounce bottle of a sports drink such as Gatorade or a **clear liquid** of your choice. This will be used to mix your Miralax the day before your test. Do not use carbonated beverages. The day before your test: 1. Drink only clear liquids. Avoid all red or purple colored liquids. Do not eat any solid food or milk products until your test is done. Clear liquids: • Water • Gatorade • Strained fruit juices (no pulp) • Clear broth or bouillon • Popsicles • Jello • Ice • Kool Aid • Coffee or tea (no milk or cream) • NO Soft drinks 2. Follow the schedule below for your bowel prep. You may need to get to the toilet right away. You will have many bowel movements through the day. They will become very watery. The bowels are clear or clean when there is only pale yellow fluid without flecks of stool.4 PM - Take 4 Dulcolax tablets with a 6 OZ drink of clear liquids. Mix the Miralax in a 64-ounce bottle of Gatorade or other clear liquid of choice. Cap the bottle and shake the bottle to dissolve the powder and put in the refrigerator. Most people prefer to drink the liquid chilled so putting it in the refrigerator helps. 5:00 PM - Drink one (10 ounce) bottle of Magnesium Citrate. This may be preferred to drink chilled so place it in the refrigerator in the morning. 6:00 PM - Start to drink the Miralax solution. Drink an 8 oz. glass every 20 to 30 minutes SIP SLOWLY. Be sure to finish all of the liquid. Do not drink anything else after 12 midnight or 4 hours prior to your procedure. if you have a later morning or afternoon procedure. You may gargle but do not swallow any liquid. The morning of the colonoscopy: • If you need to take your morning medicines, take with small sips of water only. • You will need to have someone with you to take you home after your procedure. You will not be able to leave by yourself and it will not be safe for you to drive because of the medicine you are given at the start of the test. Taxis and buses are not acceptable. You can expect to be at the facility 2-4 hours from your arrival time. Talk to your doctor or nurse if you have any questions or concerns. Please report to: Albemarle Gastroenterology or Sentara Hospital the scheduled location of your procedure, Fridays is Hospital M-TH is office.PLEASE CALL THE OFFICE AT 252-335-5588 \*100 AT LEAST 48 HOURS IN ADVANCE IF YOU NEED TO CANCEL OR RESCHEDULE YOUR PROCEDURE. |
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