

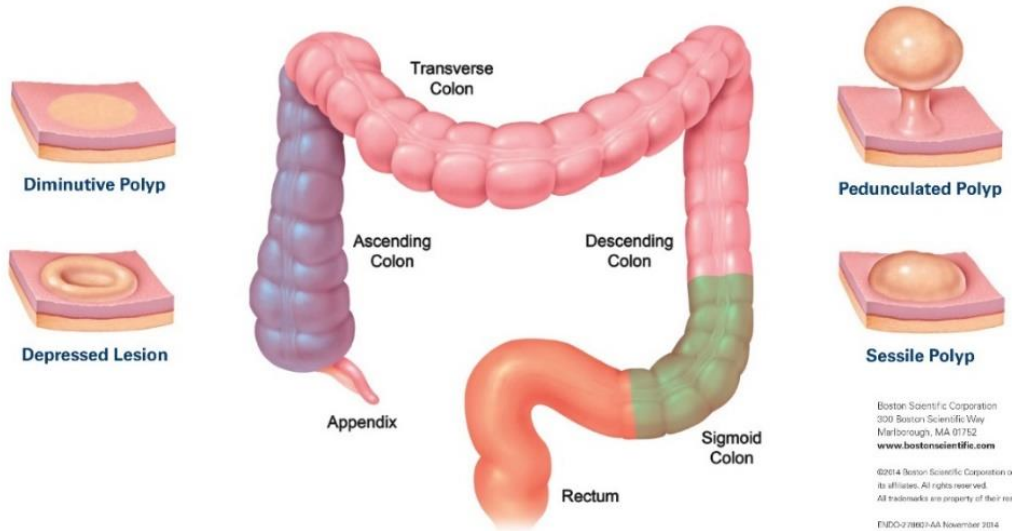
# WakeMed

## Preparing for Your Colonoscopy

Procedure Date	_____
Arrival Time	_____
Procedure Time	_____
Pre-op Visit Date	_____
Pre-op Visit Time	_____
Pre-op Visit Location	Raleigh Cary -OR-
Pre-op Nurse Phone Call	_____

A colonoscopy is an exam of the lining of your large intestine. A flexible tube (colonoscope) is passed through the rectum and into the colon. The doctor will look for abnormalities through the colonoscope. If necessary, a tissue sample (biopsy) may be taken during the exam and sent for analysis.

Colorectal cancer can begin as a simple polyp. Undetected polyps may progress from being precancerous to cancerous. To help prevent the development of colorectal cancer, your physician may perform a colonoscopy procedure to find and remove polyps.



- You may be required to have a pre-procedure visit, based on your health history. This will be scheduled at WakeMed Pre-Admission Testing, Raleigh Medical Park, 23 Sunnybrook Road, Suite 110, Raleigh, NC 27610.
- If a pre-procedure visit is not needed, a nurse will call you to review your health history and medications.

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## Five days before your procedure

- Do not take aspirin-containing products (NSAIDs), iron pills or iron containing vitamins or arthritis medications.
- If you take up to 325 mg of over-the-counter aspirin each day, you can continue to take it up to the day of your procedure.
- If you have diabetes, you will need to talk to the doctor who helps you manage your diabetes about how to adjust your medications before and after your colonoscopy.
- If you are taking a blood thinner such as coumadin, Plavix, Pradaxa, Eliquis, Effient, Brilinta, etc., you will be advised if/when to stop these medications once we receive clearance from your primary care physician or cardiologist.

## Three days before your procedure

- Do not eat any nuts, popcorn, broccoli or corn.

## One day before your procedure

### **CLEAR LIQUIDS ONLY THE ENTIRE DAY BEFORE YOUR PROCEDURE – NO FOOD**

- Drink clear liquids the day before your procedure until midnight. Clear liquids include water, carbonated beverages, clear juices without pulp (apple or white grape), chicken broth, beef broth, Jell-O, popsicles (not red or purple), tea or coffee.
- Do NOT have any milk, cream, orange juice or other liquids or Jell-O with pulp and/or red, orange, burgundy or purple in color. Do not drink alcohol.
- If you have diabetes, adjust your diabetic medications according to your doctor's instructions.

## The NIGHT before your procedure- Bowel Preparation

- At 6 pm the night before your procedure, take the first part of your bowel prep. There are several bowel prep options. Only ONE bowel prep will be ordered and prescribed for you. The bowel prep that is ordered for you will depend on your insurance coverage and the doctor's preference.
- Please follow the instructions below for the bowel prep your doctor ordered.

### **SUPREP**

*The night before your procedure:* At 6 pm, pour the contents of one bottle of SUPREP into the mixing container provided, fill the container with water to the 16 oz. fill line and drink the entire amount. Within one hour, drink two additional 16 oz. containers of water.

*The day of your procedure:* Six hours before your scheduled procedure (or 4 am if procedure is before 10 am), pour the contents of the second bottle of SUPREP into the container provided, fill the container with water to the 16 oz. fill line and drink the entire amount. Within one hour, drink two additional 16 oz. containers of water.

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## **SUTAB**

*The night before your procedure:* At 6 pm, fill container with 16 oz. of water, open one bottle of tablets (total 12) and swallow each tablet with a sip of water. Drink the entire 16 oz. of water over 15 to 20 minutes. After one hour, drink another 16 oz. of water over 30 minutes. After 30 minutes, drink another 16 oz. of water over 30 minutes.

*The day of your procedure:* Six hours before your scheduled procedure (or 4 am if procedure is before 10 am), fill container with 16 oz. of water, open the second bottle of tablets (total 12) and swallow each tablet with a sip of water. Drink the entire 16 oz. of water over 15 to 20 minutes. After one hour, drink another 16 oz of water over 30 minutes. After 30 minutes, drink another 16 oz of water over 30 minutes.

## **GoLYTLEY**

*The night before your procedure:* Just before 6 pm, fill the container provided with water to the fill line and mix the container's contents. At 6 pm, drink 8 oz. of the mixture every 15 minutes until you have finished half of the contents in the container. Refrigerate the rest.

*The day of your procedure:* Six hours before your scheduled procedure (or 4 am if your procedure is before 10 am), drink 8 oz. of your remaining GoLYTLEY every 15 minutes until you finish it all.

## **CLENPIQ**

*The night before your procedure:* At 6 pm, take the first dose (1 bottle) of CLENPIQ. No mixing is required. Then drink five 8-oz. cups (cup provided) of clear liquids (40 oz. total) within five hours before you go to bed.

*The day of your procedure:* Six hours before your scheduled procedure (or 4 am if your procedure is before 10 am), drink the second bottle of CLENPIQ. Then, drink at least three 8-oz. cups (cup provided) of clear liquids (24 ounces) at least two hours before the colonoscopy.

## **PLENVU**

*The night before your procedure:* At 6 pm, pour the contents of Dose 1 (1 packet) into the mixing container with 16 oz. of water. Stir or shake until dissolved and drink within 30 minutes. Refill the mixing container with an additional 16 oz. of water and drink over the following 30 minutes.

*The day of your procedure:* Six hours before your scheduled procedure (or 4 am if procedure is before 10 am), pour the contents of Dose 2 (2 packets, A&B) into the mixing container with 16 oz. of water. Stir or shake until dissolved and drink within 30 minutes. Refill the mixing container with an additional 16 oz. of water and drink over the following 30 minutes.

## **Additional instructions for the day of your procedure**

These instructions are for all patients no matter the type of bowel prep you are using.

- Six hours before your scheduled procedure time (or 4 am if your procedure is before 10 am), you will start the second part of your bowel prep.
- **Do not eat or drink anything on the procedure day, except your bowel prep.**

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- **If you have medications that you must take, you can take them with a sip of water.**
- You must have someone 18 years old or older with you to sign you out, drive you home and be responsible for your after care.
- Please bring your photo ID, insurance card, a list of your medications and any copay required.
- If your procedure is scheduled at **WakeMed Raleigh Campus**, arrive for your procedure at the Andrews Center, Endoscopy office, Suite 101 (first floor) at 3024 New Bern Avenue.
- If your procedure is scheduled at **WakeMed North Hospital**, arrive for your procedure at the Day Surgery entrance of WakeMed North Hospital, 10000 Falls of Neuse Road.
- If your procedure is scheduled at **WakeMed Cary Hospital**, arrive 2 HOURS before your procedure at WakeMed Cary Hospital main entrance at 1900 Kildaire Farm Road and look for Patient Registration. They will direct you to Endoscopy, 1st floor.
- If your procedure is at **Triangle Endoscopy Center**, arrive for your procedure at Suite 100 at 2600 Atlantic Avenue.

The WakeMed App provides turn-by-turn directions to and inside our facilities. Text 'WakeMed' to 888111 or visit [wakemed.org/allaccess](http://wakemed.org/allaccess) to download it.

The best way to contact us is through MyChart if you have questions. If you do not have a home computer or cell phone to access MyChart, call us at 919-350-5318.