

GENERAL COLONOSCOPY INSTRUCTIONS:



A Division of Physicians East



STOP HERE, PLEASE READ!

If you are having any procedures, work ups, or tests concerning your heart, lungs or brain, please contact our office immediately. If you have not seen the ordering physician to review test results, please notify the office immediately at (252) 757-3636, as this could lead to your procedure being rescheduled.



5 Days Prior to the Procedure:

- Do **NOT** eat corn or popcorn.
- Do **NOT** take iron, no iron-containing vitamins/supplements, Metamucil, Citrucel, Imodium. Refer to your instructions sheet about when to stop blood thinners (i.e., Eliquis, Coumadin, Plavix, Xarelto) or your prescribing physician.

Diabetic Information:

Refer to your instructions sheet on how to alter diabetic medications. If no instructions were given to you, please refer to your prescribing physician. Keep a close watch on your blood sugar levels throughout the entire process of not eating solid foods, drinking clear liquids and while drinking prep. Contact your primary care physician or gastroenterology physician at (252)413-6260 if you have any questions regarding maintenance of blood sugar levels.

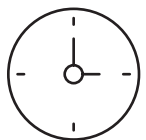


1 Day Before the Procedure:

- No marijuana, CBD oil, or CBD gummies 24 hours before the procedure.
- Continue taking medications as prescribed. Take **ALL** blood pressure medications and seizure medications.

NO SOLID FOODS AT ALL.

- It is very important to stay hydrated throughout the day before your procedure. Doing so will help you feel better and will help with flushing stool out.
- Clear liquids include Jell-o, Propel, Body Armor, Gatorade, water based/pulp free popsicles, all broths, all soft drinks, green tea, Pedialyte, white grape juice, apple juice, Crystal Light packets/ water flavor packets, coffee with NO creamer (liquid or powder form). **NO RED ANYTHING.**
- Clear liquids do **NOT** include milk, milk products, juices with pulp (orange juice, pineapple juice, grape juice), and no soups.



The Day of the Procedure:

- No tobacco products **6 hours** before your arrival time. This includes cigarettes, chewing tobacco, pouches and vaping.
- **YOU MAY NOT HAVE ANYTHING IN YOUR MOUTH 3 HOURS BEFORE** your arrival time. This includes no gum, hard candies, cough drops, medications or clear liquids. Your prep must be finished before this time.
- You may wear contact lenses on the day of your procedure. If you choose to wear glasses, please bring a glasses case.
- An adult driver 18 years or older must stay at Quadrangle Endoscopy Center until your procedure is complete. Failure to do so can lead to your procedure being delayed or canceled. You may use public transportation such as Uber, Lyft, or taxi but you must have an adult 18 years or older stay on campus until your procedure is done and they must leave with you.
- Children are allowed to wait in the lobby. Children must be accompanied by an adult at all times. Children are **NOT** allowed in the recovery area unless a waiver is signed.