

## IMPORTANT REMINDER TO ALL PROCEDURE PATIENTS

If you are having an Upper Endoscopy, Colonoscopy, and/or ERCP:

**YOU WILL BE SEDATED FOR THIS PROCEDURE AND WILL REQUIRE AN ADULT TO DRIVE YOU HOME. YOUR DRIVER WILL BE REQUIRED TO STAY AT THE FACILITY DURING YOUR ENTIRE PROCEDURE.**

**The facility at which you are scheduled has the right to delay or cancel your procedure in the event you do not have an adult with you to drive you home.**

**If you are unable to keep your appointment, please call our office as soon as possible to reschedule. We do reserve the right to charge for missed appointments or appointments cancelled less than 72 hours in advance.**

Your procedure is scheduled with Dr. \_\_\_\_\_

Procedure \_\_\_\_\_ Date \_\_\_\_\_ Location \_\_\_\_\_

Arrival Time \_\_\_\_\_ Procedure Time \_\_\_\_\_

If you have any questions, please call \_\_\_\_\_ at (919) 783-4888.

If your procedure is scheduled at:

**WAKE ENDOSCOPY CENTER/RALEIGH MEDICAL GROUP/take the elevator to the second floor, see map for directions. Address: 2601 Lake Drive Ste 201 Raleigh, NC 27607 (919) 783-4888 or 1-800-491-7236**

**CLAYTON ENDOSCOPY CENTER- see map for directions.  
Address: 900 S Lombard Street Ste 104 Clayton, NC 27520 (919) 341-3547**

**WAKE FOREST ENDOSCOPY CENTER-see map for directions  
Address: 10540 Ligon Mill Rd Suite 109 Wake Forest, NC 27587 (919) 439-3393**

**REX HEALTHCARE-please use the Main Entrance and go to Patient Registration**

**WAKE MED CARY-check in at admission/business office**

**JOHNSTON AREA MEDICAL CENTER-please use the Main Entrance and go to Patient Registration**

**If you have any questions, please call:**

**Raleigh Office: (919)783-4888 or 1-800-491-7236**

**Cary Office (Dr. Gumber & Dr. Reddy): (919) 858-0892**

**Clayton Office (Dr. Whitt): (919) 341-3638**

**Dr. Hutzenbuhler: (919) 787-7226**

**Wake Forest Office: Dr. Sachdeva (919) 562-6589**

**WAKE ENDOSCOPY CENTER/CLAYTON ENDOSCOPY CENTER  
PREPOPIK-PM/AM DOSE PREP (TWO DAY)  
PREPARATION FOR COLONOSCOPY**

You will need to drink a laxative and osmotic solution called PREPOPIK to clean your colon. You must complete the entire prep to ensure the most effective cleansing.

**PRIOR TO YOUR PROCEDURE YOU WILL NEED TO PURCHASE:**

- 1-PREPOPIK Kit. (prescription enclosed)
- 2 Reglan tablet (Metoclopramide) optional (prescription enclosed)
- 2 Dulcolax (Bisacodyl) tablets (over the counter, no prescription required)

**\*BE SURE TO LET THE NURSE KNOW IF YOU ARE ON COUMADIN, WARFARIN, or PRADAXA AS SOON AS POSSIBLE**

\*\*5 days prior to your procedure, stop oral iron supplements. Please avoid sesame seeds and nuts.

\*\*\*Diabetic medication adjustments: Day before procedure, take your normal AM insulin and/or oral medications. Take ½ of PM insulin dose, NO oral diabetic medication. Day of procedure: do not take any diabetic medications until after the procedure.

**DAY BEFORE PROCEDURE:** \_\_\_\_\_

Drink clear liquids only for all snacks and meals. **NO SOLID FOODS** or milk products. **Clear liquid diet:** coffee, tea, soft drinks, Jell-O, clear broth, popsicles, clear fruit juices, Gatorade, water, Snapple, powdered juices. Avoid red or purple liquids

\*\*\*Important note: staying well hydrated during this prep is extremely important. Force fluids all day prior to and after beginning the bowel prep. **Drink AT LEAST 1 cup of clear liquid, using cup provided filled to the 8 ounce line every hour prior to beginning Prepopik**

**YOU MAY HAVE CLEAR LIQUIDS UNTIL MIDNIGHT BUT NOLTHING TO EAT UNTIL AFTER THE PROCEDURE.**

**At 2pm:** Take the 2 Dulcolax tablets.

1. **At 5:30pm:** Take the Reglan tablet. This is optional. The prep may cause nausea and sometimes vomiting. Taking the Reglan in advance of the prep should reduce this chance.
2. **At 6pm:** Fill the supplied dosing cup with cold water up to the lower (5 oz) line on the cup and pour in the contents of one (1) packet of PREPOPIK powder. Stir for 2 – 3 minutes. The solution may become slightly warm as the powder dissolves.
3. **Drink ALL the liquid in the cup.**
4. You **MUST** drink five (5) 8-ounce drinks (the upper line on the supplied cup) of clear liquids.

\*Do not plan to go anywhere after you have started drinking the prep. The prep will cause diarrhea to cleanse your bowel for the procedure.

\*You may wish to use baby wipes rather than toilet tissue to protect your rectum from irritation.

\*You may have clear liquids until midnight. **Nothing to eat/drink after midnight except your AM prep.**

**DAY OF PROCEDURE:** \_\_\_\_\_ **STARTING AT** \_\_\_\_\_ **am**

1. 30 minutes before starting second dose of prep, take second Reglan tablet.
2. Repeat steps 3 – 5 above (complete at least 4 hours before your scheduled arrival time).

**Do not drink anything after you have completed the prep except for a very small amount (sip) of water with your morning medications. If you drink anything more than the prep or a small amount of water with your medication it will result in a delay of your procedure.**

**Please take all regular scheduled morning medications with a small amount of water.**

**\*\*If you use inhalers, please bring them with you\*\***

**\*\*If you use a CPAP or VPAP machine, you are required to bring it with you\*\***

# COLONOSCOPY

Colonoscopy is the visual examination of the lining of the colon. The colon is about 5-6 feet long. The purpose of the exam is to identify any abnormalities by inserting a flexible fiberoptic tube into the anus. The tube, which is about the thickness of your finger, is slowly passed through the length of the colon to the cecum.

The results obtained from the colonoscopy may help explain the cause of symptoms such as rectal bleeding, pain, or diarrhea. A screening colonoscopy is recommended for anyone age 50 or older.

## **HOW DO I PREPARE FOR THE EXAMINATION?**

The colon must be thoroughly clean in order for the exam to be accurate and complete. Please follow the enclosed preparation instructions.

## **WHAT SHOULD I EXPECT DURING THE EXAMINATION?**

You will be sedated for the procedure with the drug Propofol and will be monitored by anesthesia and you will be given Oxygen by a nasal cannula that just goes into your nostrils.

While lying on your left side with your knees bent, the physician will perform a finger exam of the anus and rectum. The colonoscopy is done by inserting a long flexible lighted tube into the rectum and beyond. In many cases, the instrument can be inserted throughout the entire extent of the large intestine, permitting a complete examination. The patient during the course of the examination usually experiences abdominal cramps. However, you will be sedated with medications, which will help the cramps. Be sure and tell us if you are allergic to any medications.

## **WHAT IS A POLYP?**

A polyp is a growth that is attached to the inside of the colon. Most of these growths are benign but their removal is strongly recommended so that the polyp may be examined under the microscope, permitting an exact diagnosis to be made. In addition, benign polyps at times may become malignant with the passage of time. Therefore, we believe they should be removed. At times, a polyp is discovered unexpectedly during the course of a colonoscopy examination, which is being done for other reasons. We recommend that all patients give us permission ahead of time to remove polyps if they are discovered.

## **WHAT HAPPENS IF A POLYP IS DISCOVERED?**

If a polyp is discovered, a thin snare wire is passed through the colonoscope and the polyp is encircled. The snare is tightened and an electric current is passed through the wire, which cuts off the polyp. The polyp is then brought out of the colon and sent to the pathologist for further examination.

## **ARE THERE ANY POSSIBLE COMPLICATIONS?**

The possible complications of colonoscopy and polypectomy (polyp removal) include perforation (rupture) of the colon, hemorrhage from the colon and side effects due to the medications (sedatives) which are given. In very rare circumstances, death could result from a complication.

Please notify the physician if you are taking any blood thinners (coumadin, aggrenox, plavix). Please review all of your medications with the office as well as any medication allergies.

## **WHAT CAN I EXPECT AFTER THE EXAM?**

You can expect to feel bloating for about 30-60 minutes after the exam. This sensation will be relieved as gas is passed. You may feel sleepy for several hours after the exam from the medications given prior to the exam. Do not plan to return to work, drive or sign any legal documents for the remainder of the day.

If your physician removes polyps or takes a tissue biopsy during your examination, his/her nurse will contact you in 7-10 business days with the pathology results.