

GIH follows the OSHA Temporary Emergency COVID requirements in place for Ambulatory Healthcare Facilities.

The safety of our patients and employees is very important to us. Our office takes the following precautions:

- All staff wear masks.
- All patients are required to wear a mask, please bring your own and wear upon entering the building.
- Patients will call our office at 919-870-1311 upon arrival and remain in their car. Our staff will review our COVID-19 questionnaire with you in order to be able to proceed with entry to our building
- All patients will have their temperature taken upon arrival, if they pass the COVID-19 questionnaire.
- We are limiting the number of people in our office, only the patient will be allowed in the office. If a Caregiver is necessary to assist you, you must advise us in advance so that we can schedule appropriately. The Caretaker will be required to wear a mask, answer COVID-19 questions, sign a COVID-19 consent and have their temperature taken as well.
- We are offering hand sanitizer at entrances and exits.
- We will thoroughly clean all surfaces according to CDC guidelines after every patient.

This procedure requires sedation so you must make arrangements to have a responsible adult 18 years or older bring you to our office, remain at the facility the entire time and drive you home.***This person must remain at our facility until you are discharged. Your colonoscopy will be delayed or cancelled if you are dropped off***

Thank you for your patience and support during these challenging times. We look forward to seeing you at your next appointment.

Sincerely,
GastroIntestinal Healthcare

Your Pre-Procedure Phone Call is Scheduled on _____. (10 to 15 minute call). Please review these instructions prior to the call.

Your COLONOSCOPY is scheduled on _____.

Your Arrival Time/Check-In is at_____.

Location: GastroIntestinal Healthcare (2011 Falls Valley Dr., Suite 106, Raleigh, NC 27615)

Gatorade and Miralax Split Dose Prep

Please purchase the following items:

- ONE 238 gram (8.3 ounces) bottle of MiraLax laxative powder and ONE 119 gram (4.1 ounce) bottle of MiraLax laxative powder
- Three -32 oz bottles of Gatorade (or Powerade) that isn't red or purple
- Bisacodyl (Dulcolax) 5 mg, 2 tablets - not suppositories
- Simethicone tablets (e.g. Gas X) 4-tablets

If you tend to be constipated, you can take 2 Dulcolax tablets (or its generic equivalent, bisacodyl) at 6:00 pm, 2 days prior to your procedure.

ONE WEEK (7 DAYS) PRIOR TO YOUR COLONOSCOPY, STOP taking the following medications:

- Ibuprofen
- Advil
- Motrin
- Arthritis medication
- Aleve
- B.C. Powder
- Excedrin
- All vitamins and supplements, including iron and fish oil
- Alka Seltzer
- Pepto Bismol or equivalent
- Psyllium products such as Metamucil or Citrucel

- If you are taking aspirin or ****ANY**** blood thinners such as Aggrenox, Agrylin, Brilinta, Coumadin, Effient, Eliquis, Lovenox, Persantine, Plavix, Pradaxa, Pretal, Savaysa, Ticlid or Xarelto, please follow the instructions given to you by our office.
- Please continue to take all other medications. You may continue your 81mg Aspirin but DO NOT TAKE the day of the procedure.
- Tylenol may be used for pain.

Follow the Low-Fiber Diet below on _____ and _____.
YOU MAY HAVE THE FOLLOWING:

- enriched refined white bread, buns, bagels, English muffins
- PLAIN CEREALS e.g. Cheerios, Cornflakes, Cream of Wheat, Grits, Rice Krispies, Special K
- arrowroot cookies, tea biscuits, soda crackers, plain melba toast
- white rice, refined pasta and noodles
- fruit juices, except prune juice
- applesauce, apricots, banana (1/2), cantaloupe, canned fruit cocktail, grapes, honeydew melon, peaches, watermelon
- vegetable juices
- potatoes (no skin)
- well-cooked and tender vegetables including alfalfa sprouts, beets, green/yellow beans, carrots, celery, cucumber (no seeds), eggplant, lettuce, mushrooms, green/red peppers, squash, zucchini
- well-cooked, tender meat, fish and eggs
- AVOID whole grains (cereals listed above are okay)
- AVOID raw and dried fruits, raisins and berries
- AVOID vegetables from the cruciferous family such as broccoli, cauliflower, Brussels sprouts, cabbage, kale, Swiss chard, etc.
- AVOID beans and lentils
- AVOID all nuts and seeds, as well as foods that may contain seeds (such as yogurt)

TWO DAYS BEFORE YOUR COLONOSCOPY _____ at 6:00 pm Take 2 Dulcolax laxative tablets.

ONE DAY BEFORE AND THE DAY OF COLONOSCOPY: _____

Medication Instructions

- For diabetics - insulin dependent: Take half of your usual morning dose of insulin on the day before your procedure. Do not take any insulin on the day of the exam. Please check your blood sugar the morning of your procedure.
- For diabetics - oral diabetic medications: Do not take any oral anti-diabetic medication on the day before your procedure or the day of the procedure.
- Take any heart or blood pressure medications the morning of your procedure with a few sips of water.
- If you are on any inhalers please bring them with you the day of your procedure.

ONE DAY BEFORE YOUR COLONOSCOPY ON _____:

- No solid foods all day,
- Avoid anything RED or PURPLE in color.
- No milk OR dairy products are permitted.
- It is important to stay well hydrated by drinking plenty of APPROVED liquids throughout the day.
- Refrigerate the Gatorade or Powerade so it will be chilled for use.

APPROVED LIQUIDS ONE DAY BEFORE YOUR COLONOSCOPY

- Water
- Tea (iced or hot)
- Coffee- no creamer
- Soft drinks (diet or regular) (NO RED or PURPLE)
- Fruit flavored drinks (NO RED OR PURPLE)
- Gatorade, sports drinks (NO RED OR PURPLE)
- Apple juice
- White grape juice
- White cranberry juice
- Fat free broth or bouillion
- Jello (cannot contain fruit, NO RED OR PURPLE)
- Popsicles (cannot contain fruit, NO RED OR PURPLE)

ONE DAY BEFORE YOUR COLONOSCOPY: _____

At 5:00 p.m. pour the entire 8.3 ounce (238 gram) bottle of Miralax powder with TWO-32oz bottles of Gatorade or Powerade into a large pitcher and mix until completely dissolved. Drink the entire 64 oz mixture (1) 8 ounce glass every 10-15 minutes until the mixture is gone. Place the remaining mixture into the refrigerator for the next morning. After you have taken your dose of prep, please take 2 Simethicone tablets.

Continue to drink clear liquids until bedtime.

* If you experience nausea, slow down the pace of drinking or take a short break, then resume drinking.

* It is important to continue drinking liquids from the approved list until bedtime.

THE MORNING OF YOUR COLONOSCOPY _____ @ _____ (4 hours prior to arrival time)

Pour the entire 4.1 ounce (119 gram) bottle of MiraLax into the remaining 32 oz Gatorade or Powerade. Drink ONE- 8 oz glass every 10-15 minutes until the mixture is gone. After you have taken your dose of prep, please take 2 Simethicone tablets. You may continue to drink clear liquids until _____am.

IMPORTANT NOTES FOR THE DAY OF YOUR PROCEDURE:

- Continue to drink liquids the morning of your procedure, up to two hours prior to your arrival time. **DO NOT DRINK ANY LIQUIDS TWO HOURS PRIOR TO YOUR ARRIVAL TIME**; you will be receiving anesthesia, and having liquids in your stomach puts you at greater risk for aspiration. Your procedure may be delayed if you have consumed liquids too close to your procedure time.
- Please bring your driver license, insurance card and any co-pay/deductibles owed.
- We suggest you wear warm socks and loose comfortable clothing the day of your procedure. Please leave all valuables at home. GIH cannot be responsible for your valuables or personal items.
- Be prepared to stay at our facility for approximately 1 ½ to 2 hours.
- This procedure requires sedation so you must make arrangements to have a responsible adult 18 years or older bring you to our office, remain at the facility the entire time and drive you home.***This person must remain at our facility until you are discharged. Your colonoscopy will be delayed or cancelled if you are dropped off***
- During the remainder of the day, do not plan on: returning to work or school; driving; signing legal documents or participating in any activity that requires coordination or balance.
- If you have any questions, or if you have any cold or upper respiratory symptoms within 3 days of your scheduled procedure, please contact our office at (919) 870-1311. We look forward to participating in your health care.

Modified effective 11/18/21