

COLONOSCOPY PREPARATION INSTRUCTIONS

Thank you for choosing Wake Forest Baptist – Digestive Health for your upcoming colonoscopy. A colonoscopy is an examination of your large intestine. A flexible tube called a colonoscope will be inserted into your rectum and passed through your colon, which will be examined in detail. Additional procedures may be performed, such as biopsies and removing polyps. Before this procedure, you will need to clean out your colon with a 1 - 2 day bowel prep (see additional paperwork).

Please carefully read all of your prep instructions at least 1 week before your scheduled procedure date so you can be sufficiently prepared for this procedure. Wake Forest Digestive Health physicians perform procedures at multiple locations, so please refer to your cover letter and map to verify the location of your appointment.

To ensure you are comfortable during your procedure, sedation medication will be given for the examination. YOU MAY NOT DRIVE HOME IF YOU RECEIVE SEDATION. You must have a responsible escort 18 years of age or older who stays on site throughout your entire procedure and accompanies you home. If your escort does not accompany you to the unit you will be asked to reschedule your procedure. You may not go home ALONE via public transportation, taxi, Uber, Medicaid van, Trans-Aid or any other similar form of transportation.

For any questions about your appointment date and/or time only, please contact our scheduling department at **336-716-3636**.

Our utmost priority is performing safest and highest quality possible examination for each and every patient. Although we strive to remain on schedule, please understand that performing these types of procedures may take longer with some patients than others. We ask for your patience and that you allow at least 4 hours for your visit time with us.

Digestive Health is located on the Ground floor (**G**) Reynolds Tower. (See the map which is enclosed) Park in deck “B” on the orange level. When you come in from the visitor parking lot (orange) level, pass by the elevators and there will be an information desk. Continue straight ahead, through the glass breezeway. At the end of the hallway, turn right and about 150 feet ahead you will see the sign for Digestive Health. Turn left into the hallway and the lobby for Digestive Health will be immediately to your right. (You may also use the Patient Drop-off area on the Main level as shown on the map. Ask the attendant at the Drop-off area to direct you to the Ground Floor and Digestive Health.)

PLEASE BRING WITH YOU ON THE DAY OF YOUR PROCEDURE:

- Your insurance information.
- A list of all current medications you are taking.

Important Medication Adjustments

- **Please continue your regularly scheduled medications (such as blood pressure medications) as usual.**
- If you take blood thinners, diabetes medications (pills and/or injections) please see below.
- **Blood thinning medications** (Plavix, Coumadin, Warfarin, Lovenox, Effient, Pradaxa, Xarelto, Brilinta, Pletal, etc.) may need to be discontinued prior to your procedure. Please contact your prescribing physician for instructions on whether or not it will be safe to do so. You may need to be off of these medications for 5 to 10 days prior to your procedure. You may, however, continue daily aspirin if recommended by your doctor.
- **Diabetic patients: If you take an oral diabetic pill (“sugar pill”), do NOT take it the day of your procedure. If you are taking insulin, please contact your prescribing doctor for instructions on adjusting your insulin the day before and the day of your procedure.**
- STOP all iron supplements and vitamins containing iron 7 days before your procedure.
- If you take **phentermine** (Aidpex-P, Lomaira), please stop this medication **5 days prior** to your procedure.