

Aswad Surgical Group

Margo A. Aswad, M.D.
Staci S. Hoyle, FNP-C
441 McAlister Rd, Suite 2400
Lincolnton, NC 28092
704-735-0511

COLONOSCOPY PREP INFORMATION

DATE: _____ ARRIVAL TIME: _____ CHS-L: _____ CHS-East Lincoln: _____

PLANNING FOR YOUR COLONOSCOPY:

1. Review all instructions and call the office if you have any questions 704-735-0511
2. Arrange for time off work for the prep and the procedure.
3. Schedule a ride. You will not be able to drive home after the procedure.
4. Get all necessary supplies.
 - ◇ Bowel preparation: A clean colon is key to a successful colonoscopy
 - ◇ Variety of clear liquids: It is important to drink plenty of clear liquids during the colonoscopy-prep process!
 - ♣ Water, flavored water, sparkling water
 - ♣ Flavored drink mix, Crystal Light
 - ♣ Gatorade, Powerade, Sports Drinks
 - ♣ Chicken, Beef or Vegetable broth
 - ♣ Frozen ice pops, Italian ice, NO ice cream
 - ♣ Fruit juices-apple, white grape, white cranberry, orange, lemon or lime aid
 - ♣ Soft drinks-Cola, Orange, Sun Drop, Ginger-Ale, Lemon-lime
 - ♣ Tea or Coffee
 - ♣ Hard candies
 - ♣ Jello
 - ♣ No alcohol during the prep
 - ◇ Soft toilet paper, Wet wipes, Cream to relieve irritation
 - ◇ Reading materials, movies, games, other ways to pass the time
5. **STOP** all Aspirin products, Vitamins and Herbal supplements and Iron 7 days before your colonoscopy.
6. If you are on **Plavix** stop 7 days before your colonoscopy unless directed otherwise.
7. If you are on a blood thinner, such as **Coumadin, Eliquis, Xarelto, Pradaxa**, then STOP 3 days before unless directed otherwise.
8. **TAKE** Blood Pressure or Heart medications with a sip of water the morning of the exam.
9. **Hold** any Diabetes and blood sugar medicines the morning of the colonoscopy.
10. Nothing to eat or drink after midnight.
11. You may brush your teeth the morning of the exam.
12. Minor side effects are common during a bowel prep including nausea, bloating, and abdominal distention. If you experience these symptoms, hold on the prep for a bit, then restart after the symptoms pass. If you cannot restart the prep call the office for further instructions.

TURN OVER

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BOWEL PREPARATION INSTRUCTIONS

*****START THE DAY BEFORE YOUR PROCEDURE*****

- You may have a light breakfast: cereal and toast, egg, sliced chicken or fish, Ensure.
- Drink **ONLY CLEAR LIQUIDS** the rest of the day.
- Remember it is important to drink a lot during the prep to stay hydrated.

MIRALAX PREP

1. Purchase 8.3 oz. (14 gm) bottle of Miralax (may use generic) and an over-the-counter Laxative of your choice.
2. Mix 8.3 oz. Miralax in 64 oz. (½ gallon) of clear liquid (ex. Water, Gatorade, Crystal Light).
3. At Noon start drinking 1 glass of Miralax mixture every 15-20 minutes until gone.
4. At 7:00 pm take 2 tablets of a Laxative: such as Dulcolax, Correctol, Ex-Lax, Fleet, Bisacodyl
5. Nothing to eat or drink after midnight.



WHAT TO EXPECT THE DAY OF YOUR PROCEDURE

- ✓ Arrive 1 hour before your procedure to get ready.
An IV will be placed for sedation. Your heart, blood pressure and breathing will be monitored.
- ✓ The colonoscopy takes about 30-60 minutes.
- ✓ You will then go to recovery until you wake from sedation.
- ✓ Plan to rest the remainder of the day.
- ✓ You will be able to eat after your colonoscopy.
- ✓ You will receive instructions at the hospital about follow up.
- ✓ FIGURING THE COSTS: Your portion of the cost varies greatly depending on your plan, deductible, etc. We encourage you to contact your insurance carrier to review your coverage so there are no surprises when you receive your bills.

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