

Welcome to **Endoscopy Center of North Carolina**

It is our goal to make your experience with us a positive one. A specially trained staff of nurses will provide care for you along with your physician.

When you arrive for your exam, you will be greeted by a nurse who will obtain the proper consents and medical history. The nurse will have you change into a hospital gown and provide a warm blanket. Your personal belongings will be secured in a bag and will remain with you during your entire stay.

A second nurse will remain with you during your exam as she assists the physician with your sedation, monitoring your vital signs, and completing a thorough exam.

When your exam is complete, you will be taken to the recovery room where a third nurse will ready you for discharge. In the recovery room your family member will be invited to rejoin you for physician conference and discharge instructions.

Please follow these guidelines:

- Have a driver with you who can remain on site for the duration of your stay. You **MUST** have a driver or your procedure will be cancelled.
- Bring a list of your medications.
- Leave all jewelry at home.
- Remove all nail polish.
- Bring or wear a warm pair of socks.
- Wear comfortable clothing that is easy to remove and putback on.
- **Do not eat or drink anything 3 hours before your procedure is scheduled to begin.**
- Bring your insurance card, co-pay and deductible.
- Do not drink alcohol the day before or the day of your procedure.
- Do not chew gum, mints, hard candy, or chewing tobacco.

Frequently asked questions:

What is a clear liquid diet?

A clear liquid is defined as any substance, when poured in a glass, can be seen through. For example, a cola or black coffee, although dark in color, is a clear liquid. Other clear liquids include apple juice, white grape juice, and any soda or Gatorade® that is not red or purple. Broths, Jell-0®, and popsicles are also included.

Are there any clear liquids that are restricted?

Please don't consume anything that is red or purple in color. These colors can alter the appearance of the colon and can make proper diagnosis more difficult.

Why do I have to drink so much?

You are encouraged to drink plenty of clear liquids to prevent dehydration and to support healthy kidney function. Electrolyte replacement drinks such as Gatorade® help keep the body's electrolytes in balance. Being well hydrated makes the prep work better.

Do you have any suggestions to make my day of fasting more tolerable?

Try a broth at your normal mealtime. Prepare your own soups, and drink the clear broths. Some people enjoy the broths of their favorite restaurant's soups. Don't forget "snacks" of popsicles, frozen lemonade and Jell-0®. Freeze any of your favorite drinks for a refreshing change. (Remember, no red or purple)

What if I am feeling ill the day of my scheduled procedure?

As long as you are not running a temperature of over 100.4 degrees, please try and keep your appointment.

What if I am menstruating?

This will not interfere with your procedure. Just let your nurse know.

Will I have to remove my dentures?

If you can sleep without your dentures slipping, your dentures may remain in during your procedure. We do provide denture cups if you need one.

Do I have to remove my contact lenses?

If you can safely take a nap with your lenses in, they may remain in. If you wish to remove your lenses, bring your supplies and container from home.

Should I take my medications the day of my exam?

Yes, as prescribed, at least 3 hours prior to your exam with as little water as possible.

Are there any medications that I shouldn't take?

Do not take any blood thinners such as Warfarin, Heparin®, Lovenox®, Pletal® (cilostazol), Plavix®, Jantoven®, Pradaxa®, or Coumadin® as instructed by your physician.

Call 254-0881 for questions or if you are unable to keep your appointment.

when it's time to begin your prep:

- Some people need the toilet within 15 minutes of the first dose of laxative. Others may not need the toilet for several hours. It is not uncommon to frequent the toilet dozens of times during the prep. Your stool should appear as yellow-tinged water by the end of the evacuation process.
- You may add any flavor powdered drink mix to your prep. Most say it is easier to drink chilled, and through a straw.
- If you are having trouble tolerating the prep, become nauseated, or vomit, drink slowly or take a break. It is important to consume the entire amount, even if it takes a little longer than advised.
- It is common to "chill" during the prep. This is a result of a drop in core body temperature from fasting and drinking the prep.
- Use Fleet® Pain Relief Anorectal Pads, KY® jelly, A+D® ointment, petroleum jelly, or diaper ointment on tissue after each evacuation. This will keep the anal area from becoming irritated and painful.
- Have plenty to drink between doses of laxative to prevent dehydration even though you feel as though it is "going right through you".