

**\*\* IMPORTANT INFORMATION \*\***  
**ABOUT YOUR PROCEDURE**

**Mecklenburg Medical Group**

**Gastroenterology**

Main Line 704-302-8220  
Scheduling Line 704-302-9926  
Fax Line 704-302-8298

**Oscar Brann, MD**  
**Kent Holtzmuller, MD**  
**Christopher Ferris, MD**  
**D. Scott Smith, MD**

Patient's Name: \_\_\_\_\_ Referring MD: \_\_\_\_\_  
Appointment Date: \_\_\_\_\_ Arrival Time: \_\_\_\_\_  
Scheduler: \_\_\_\_\_ Phone: \_\_\_\_\_

**Please call your scheduler (listed above) AT LEAST 72 HOURS (3 BUSINESS DAYS) IN ADVANCE, if you find it necessary to cancel the procedure.**

**Carolinas Medical Center**  
1000 Blythe Blvd, Charlotte, NC 28203  
704-355-2088

**Carolina's Endoscopy Center-Northcross**  
16455 Statesville Road, Suite 114, Huntersville, NC 28078  
704-237-9290 (Tuesdays Only)

**Carolinas Gastroenterology Center-MCP**  
1001 Blythe Blvd, Suite 400, Charlotte, NC 28203  
704-355-4178

**Carolinas Gastroenterology Center-Ballantyne**  
15110 John J. Delaney Dr., Suite 120, Charlotte, NC 28277  
704-512-2140

**Colonoscopy Preparation Instructions**

**It is imperative that these instructions are followed exactly. The quality of your examination depends on adequate preparation. Inadequate prep may result in inaccurate results or the need to repeat the procedure.**

**Important information about your procedure:**

- If you are on an insulin pump, please alert our office as soon as possible. You will need to be seen in the office prior to your procedure date.
- If you take Coumadin (Warfarin), Plavix, Lovenox, Aggrenox or any other blood thinner please alert our office as soon as possible. A nurse will advise you how to take your medication.
- Do not take Ibuprofen or anti-inflammatory medications for 7 days before your procedure. (Examples: Advil, Motrin, Celebrex, Voltaren, Lodine, Indocin, Mobic (meloxicam), and Naproxen) Take only Tylenol for pain.

### **One week before your procedure:**

- Avoid corn, nuts and popcorn

### **The day before your procedure:**

- No solid food for the entire day. You may have clear liquids only. (See Clear Liquid Description below for more information)
  - Avoid any liquid that is RED, BLUE or PURPLE in color.
  - Do not drink any alcoholic beverages.
- Follow the instructions for your colon prep prescription and drink as directed.
- **Do not eat or drink anything (including water) after midnight**

### **The day of your procedure:**

- If asked to split your colon prep, please drink the second dose this morning as directed on your prescription instruction sheet
- Do not take any medications except for heart and blood pressure medications. Those medications can be taken with very small sips of water.
- If you are diabetic and taking insulin, please take ½ of your normal dose in the morning and the other ½ after the procedure.
- Wear loose fitting clothing that is easy to put on and remove upon arrival and departure.
  - Leave all valuables at home.
- Due to medications that will be administered for the procedure you must have someone bring you to your appointment, stay at the facility during your appointment and drive you home. Taxi cabs, shuttle services and public transportation are not permitted.
  - You will not be able to drive for the remainder of the day.
  - You will not be able to return to work.
  - Please do not schedule other appointments or activities on the day of your procedure.

**Please notify our office 72 hours in advance if you need to cancel your procedure.**

**If you have any questions, please call our office and we will be glad to assist you. Our first priority is making you feel at ease about your procedure. 704-302-8220.**

### **Clear Liquid Description**

- Water – spring water, flavored water, soda water
- Coffee – regular, decaffeinated, flavored
  - You may have sugar or sweetener
  - Do not use creamer or milk
- Tea – hot tea, iced tea, green tea, flavored tea, herbal teas
  - You may have sugar, sweetener and lemon
  - Do not use creamer or milk.
- Carbonated Beverages – Sprite, 7UP, Mountain Dew, Sun Drop, Mellow Yellow, Coke, Pepsi, Ginger-Ale, Tonic Water
  - Do not drink Dr. Pepper, Mr. Pibb, Cheerwine or any other beverage containing red color

- Clear Fruit Juices – apple, white cranberry, white grape, lemonade, limeade
- Crystal Light – lemonade, pink lemonade, iced tea
  - Do not drink red, blue or purple
- Sports Drinks – Gatorade and similar drinks
  - Do not drink red, blue or purple
- Broth – clear chicken and beef broth without noodles or bits of meat.
- Jell-O – lemon, lime, or orange
  - You may have regular or sugar free
  - Do not eat red, blue or purple
- Popsicles – lemon, lime, orange with no bits of fruit
  - Do not eat red, blue or purple

**\*\*Do not eat or drink anything red, blue or purple\*\***