

Direct Access Instructions for Screening Colonoscopy

Procedure Appointment **Date:** _____ **Time:** _____

1. Please go to our website northernhospital.com/directaccess and watch the Direct Access screening colonoscopy videos.
2. You will need to pick up the bowel cleansing solution at your pharmacy at least 2 days prior to your procedure. **DO NOT** mix until the day before your procedure.
3. Follow the colonoscopy preparation instruction sheet included in this packet, starting the day before your procedure.
4. You will be at the hospital for several hours. **Have a friend or family member with you to drive you home**, as sedatives will be used for the colonoscopy. Also, Dr. Appler would like to speak with you and your family member after the procedure.
5. The morning of your exam, please arrive 30 minutes before your appointment. Park in the Surgery Center Parking Lot at Northern Hospital. (Free Parking). Enter the hospital by the way of the Surgery Center entrance. Go to Patient Registration on the first floor to check in for your colonoscopy (see map).
6. Be sure to bring your insurance card(s) and driver's license with you. **DO NOT BRING ANY VALUABLES** with you.
7. **BRING ALL OF THE MEDICATIONS, SUPPLEMENTS, and VITAMINS** that you take daily and/or on an as-needed basis with you to the hospital. The nurse will need to document this in your chart. Please bring the actual medication bottles, not just a list.
8. Once you are in the pre-procedure area, a nurse will ask you a series of questions. A physical assessment will be completed and an IV will be started. Dr. Appler will meet with you prior to your procedure.
9. Please **DO NOT** plan on driving for the rest of the day or working with any dangerous or heavy machinery.
10. The following day you should be able to resume your normal working activities.

**** If you have any questions, please call Day Surgery at (336) 719-7125, Monday-Friday 7:00 a.m. to 3:30 p.m.. ****

