

DIGESTIVE AND LIVER DISEASE SPECIALISTS

INSTRUCTIONS FOR YOUR COLONOSCOPY & APPOINTMENT INFORMATION

Date of Procedure: _____

Arrival Time: _____

Location: _____ **Sentara Leigh Hospital**
830 Kempsville Road
Norfolk, VA 23502
757-261-6450

_____ **Sentara Norfolk General Hospital**
3rd Floor River Pavilion
600 Gresham Drive
Norfolk, VA 23507
757-388-3033

_____ **Office**
885 Kempsville Road Suite 114
Norfolk, VA 23502
757-466-0165

Helpful tips for your colonoscopy

Purchase Two 1 ½ oz bottles of Fleets Phospho-soda. This may be purchased over the counter at any drug store. Have on hand alcohol free baby wipes, vaseline or A&D ointment in case your bottom becomes sore.

Speak with the person who will be driving you. Remind them of the time you need to check in and that they will need to remain on site for up to 2 hours to accompany you home. They should also stay with you for a couple of hours after you return home until it is clear you are not too sleepy from the medication.

After your procedure you will need to rehydrate yourself. Drink 8 ounces of liquid every hour for the first 6 hours you are home.

Do not drive or operate machinery until the next day after your procedure.