



## COLONOSCOPY SUMMARY

Concerning solid food and liquid intake:

1. All patients who have a colonoscopy should **NOT** eat any **SOLID** food the entire day **BEFORE** the exam **OR** the day **OF** the exam.
2. All patients should drink plenty of clear liquids the day **before** the exam. Clear liquids include tea, black coffee, white cranberry juice, Gatorade ice, apple juice or white grape juice, broth, bouillon, gelatin (no red, orange or purple gelatin), popsicles and clear soda (Sprite, 7Up).
3. Your doctor will give you an instruction sheet for the prep which will clean out your colon. Please follow the directions on the sheet. **DO NOT** follow the directions on the prep kit.
4. If you have a split dose prep for your colonoscopy, finish your second dose of the prep at the appointed time and at least 3 hours prior to your exam. Also, finish any clear liquids 3 hours prior to your exam. **STRICTLY NOTHING BY MOUTH FOR AT LEAST 3 HOURS BEFORE THE EXAM.**

There are special instructions in this information packet for:

- Patients that take blood thinners such as Plavix and Coumadin (Warfarin), aspirin, ibuprofen, naproxen and/or other nonsteroidal anti-inflammatory medications. **See page 2**
- Patients who take blood pressure medications, seizure medications, anti-anxiety medications, breathing medications or bronchial inhalers. **See page 2**
- Patients that are diabetic. **See page 5**

**FAILURE TO FOLLOW THESE INSTRUCTIONS MAY RESULT IN A REPEAT EXAM OR CANCELLATION OF YOUR EXAM.**



## COLONOSCOPY

Your physician has ordered a procedure called colonoscopy. Colonoscopy is a routine, generally safe, pain-free procedure used to view the inside of the colon (large intestine).

### WHEN YOU RECEIVE YOUR INSTRUCTIONS:

- Call your physician **IMMEDIATELY** if you take **blood-thinning** medicine. If you are taken off your blood-thinning medicine before your exam, a test of the clotting time of your blood may be done the day before the exam. **Aspirin (including baby aspirin), ibuprofen, naproxen and other non-steroidal anti-inflammatory medications should be stopped 3 to 5 days prior to colonoscopy.**
- If you have diabetes, please read the attached special directions.

### PREPARING FOR THE EXAM

#### The day **BEFORE** your exam:

1. It is imperative that you **DO NOT** eat **ANY** solid food the entire day before your exam.
2. You may have clear liquids all day the **DAY BEFORE** your exam. Clear liquids include tea, black coffee, white cranberry juice, Gatorade ice, apple juice or white grape juice, broth or bouillon, non-red gelatin, popsicles and clear soda (Sprite, 7Up).
3. For specific directions on the use of prep see the option box checked by your doctor and refer to the printed instructions for your specific prep (see following pages).

- MoviPrep – Split Dose
- Gallon Lavage Prep
- Osmo Prep

4. If you have problems with nausea and vomiting the prep, please contact the ordering physician for further instructions.

### EXAM DAY

1. **Morning Medications** - Please take your morning blood pressure medications, seizure medications, anti-anxiety medications and/or inhaler. Take pills with a sip or two of water only. Bring any inhalers with you.
2. If your procedure is scheduled for after 12 Noon, you may continue to drink clear liquids up until **6 hours before** your scheduled arrival time the day of the exam.



3. If you have a split dose prep with the second dose scheduled for the early morning (0300 – 0700) the day of your exam, please finish the prep and any clear liquids within 3 hours prior to your scheduled exam.
4. You will be given heavy sedation (anesthesia) during your procedure. Therefore, **DO NOT EAT ANY SOLID FOOD THE DAY OF YOUR EXAM.**

**FAILURE TO FOLLOW THESE INSTRUCTIONS MAY RESULT IN A REPEAT EXAM OR CANCELLATION OF YOUR EXAM.**

The intravenous medication will sedate you and you will experience a short nap. For the first 24 hours after this medicine, you may have the following:

- Lapses of memory
- Slowed reaction time
- Impaired judgment

Therefore, the following is necessary for your safety:

1. **Arrange for someone to accompany you to and from your exam.** The exam **WILL NOT** be completed unless you have this person to drive you home. In certain cases, your doctor may allow you to take a taxi home. Please discuss this with your doctor ahead of time.
2. Please leave your jewelry at home. You will be asked to remove it prior to procedure.
3. Ask a responsible adult to stay with you for the remainder of the day.
4. Do not drive motorized vehicles or equipment for 24 hours.
5. Do not drink alcohol for 24 hours.
6. Rest for the remainder of the day.
7. Do not return to work.
8. Do not assume responsibility for young children or anyone dependent on your care.
9. Avoid making important decisions or signing legal documents.
10. Do not travel by airplane until the day after your procedure.

You will receive medication through your vein either by your doctor, anesthesiologist or nurse anesthetist. This is called intravenous (IV) sedation. The purpose of this medicine is to help you relax and make you feel more comfortable. It will make you sleepy and most patients do not remember the procedure.

During the exam, the physician will insert a colonoscope, a thin flexible tube through your rectum and into your colon. The scope has a small camera that sends pictures to a screen. The scope allows the physician to look closely at the inside of the colon for bleeding, inflammation and tumors. There is also an open channel in the scope through which the physician may pass instruments to:



- Sample tissue (biopsy)
- Remove polyps
- Inject solutions
- Cauterize tissues

The exam usually takes between 20-30 minutes. When your exam is finished, you will be taken to the recovery area where you stay for 15 to 20 minutes.

### **RISKS ASSOCIATED WITH COLONOSCOPY**

Serious problems with this exam are uncommon. Possible problems include perforation (tear through the wall of the bowel), bleeding, infection or drug reaction. Possible problems with anesthesia are pneumonia from aspiration, breathing problems or dental injury. You may discuss all possible problems with your physician.

### **AFTER YOUR EXAM**

**Discomfort** – It is normal to feel bloated, have gas cramps and pass large amounts of air. This will last until the air is expelled from your colon, usually the day after your exam.

**Medications** – You may resume taking your medicines unless instructed otherwise.

**Activity** – Rest for the remainder of the day.

**Diet** – Resume your usual diet if no other tests are ordered.

### **WHEN TO SEEK MEDICAL HELP**

If you experience any of the following symptoms, please contact your physician or contact your nearest Emergency Department:

- Pass blood clots or blood colors the toilet water red (some blood with the first bowel movement is normal)
- Constant abdominal or rectal pain, with or without blood, up to 14 days after the exam
- Temperature of 100.4°F (38°C) or greater

If you have any questions about preparing for your colonoscopy or the exam itself, do not hesitate to speak with your physician or medical assistant.



## **SPECIAL DIRECTIONS FOR PATIENTS WITH DIABETES**

**It is imperative that you DO NOT eat ANY solid food the entire day before your exam.**

**You may have clear liquids all day the day before your exam. Clear liquids include tea, black coffee, white cranberry juice, Gatorade ice, apple juice or white grape juice, broth or bouillon, non-red gelatin, popsicles and clear soda (Sprite, 7Up).**

### **DAY BEFORE EXAM**

For patients taking insulin:

- Take half of your usual dose of Regular, NPH® or Lente® insulin in the morning
- **DO NOT** take any insulin in the evening

For patients taking oral medicines:

- Take only one-half of your usual dose of oral medicine
- **DO NOT** take any oral medicine in the evening

### **DAY OF YOUR EXAM**

For patients taking insulin:

- Check your blood sugar. **DO NOT** take morning insulin
- After the exam, if you are eating, take one-half dose of your NPH® or Lente® insulin. **DO NOT** take any regular insulin
- Take normal dose of insulin in the evening if you are eating

If you take Ultalente® insulin or use an insulin pump, contact your physician or diabetes educator.

If you check your blood sugar daily, check it more often the day before and the day after your exam. If you have a low blood sugar during the prep, you may take fruit juice, regular soda, glucose tablets or gel.

## MOVIPREP – SPLIT DOSING

**It is imperative that you DO NOT eat ANY solid food the entire day before and day of your exam.**

**You may have clear liquids all day. Clear liquids include tea, black coffee, white cranberry juice, Gatorade ice, apple juice or white grape, broth or bouillon, gelatin (no red, orange or purple gelatin), popsicles and clear soda (Sprite, 7Up).**

- Follow the instructions listed in the diagram below to mix and begin drinking Moviprep
- **You will take Moviprep in two (2) separate doses, which are time specific.**
- It is important to drink 16 oz of clear liquid with each dose of Moviprep. This is a NECESSARY step to ensure adequate hydration and an effective prep.

### PATIENT INSTRUCTIONS

The Moviprep carton contains 4 pouches and a disposable container for mixing. You must complete the entire prep to ensure the most effective cleansing.

Beginning at \_\_\_\_\_ THE DAY BEFORE

- Empty 1 Pouch A and 1 Pouch B into the disposable container
- Add lukewarm drinking water to the top line of the container. Mix to dissolve.  
*If preferred, mix solution ahead of time and refrigerate prior to drinking.  
The reconstituted solution should be used within 24 hours*
- The Moviprep container is divided by 4 marks. Every 15 minutes, drink the solution down to the next mark (approximately 8 oz) until the full liter is consumed
- Drink 16 oz of clear liquid of your choice. This is a necessary step to ensure adequate hydration and an effective prep

Clear liquids include water, ginger ale, apple juice, Gatorade, lemonade and broth. No red or purple liquids. Ask your doctor if you have any questions about whether a particular drink is acceptable.

Beginning at \_\_\_\_\_ THE MORNING OF COLONOSCOPY

- Empty 1 Pouch A and 1 Pouch B to the top line of the container. Mix to dissolve.
- Add lukewarm drinking water to the top line of the container. Mix to dissolve.  
*If preferred, mix solution ahead of time and refrigerate prior to drinking.  
The reconstituted solution should be used within 24 hours*
- The Moviprep container is divided by 4 marks. Every 15 minutes, drink the solution down to the next mark (approximately 8 oz) until the full liter is consumed
- Drink 16 oz of clear liquid of your choice. This is a necessary step to ensure adequate hydration and an effective prep
- Finish this dose of your prep and any liquids at least 3 hours prior to your exam.

## ONE GALLON LAVAGE PREP - SPLIT-DOSE

It is imperative that you **DO NOT** eat **ANY** solid food the entire day before and the day of your exam.

You may have clear liquids all day. Clear liquids include tea, black coffee, white cranberry juice, Gatorade ice, apple juice or white grape, broth or bouillon, gelatin (no red, orange or purple gelatin), popsicles and clear soda (Sprite, 7Up).

- You will take the Gallon Lavage prep in two (2) separate doses, which are time specific.

Beginning at \_\_\_\_\_

### THE DAY BEFORE

- You will begin drinking the solution approximately 8 ounces every 10 to 15 minutes until half (2 Liters) of the solution is gone. Drinking from a straw may be helpful. It may take 1.5 to 2 hours to finish the solution. It is best when chilled. Follow these instructions, **NOT** the directions on the bowel prep bottle.
- Crystal Light® lemonade powder may be added to unflavored bowel prep.

Beginning at \_\_\_\_\_

### THE MORNING OF COLONOSCOPY

- Approximately 4 hours prior to the exam, you will begin drinking the remaining 2 Liters of the solution, approximately 8 ounces every 10 to 15 minutes until the solution is gone. Drinking from a straw may be helpful. Follow these instructions, **NOT** the directions on the bowel prep bottle. Do not drink anything after finishing the solution.
- **DO NOT** have anything to eat or drink the day of your procedure.

## **HALFLYTELY PREP**

**It is imperative that you DO NOT eat ANY solid food the entire day before and the day of your exam.**

**You may have clear liquids all day. Clear liquids include tea, black coffee, white cranberry juice, Gatorade ice, apple juice or white grape, broth or bouillon, gelatin (no red, orange or purple gelatin), popsicles and clear soda (Sprite, 7Up).**

- **At Noon, you will take all 2 of the bisacodyl tablets provided in the prep kit with several glasses of clear liquid**
- **At 6 PM, you will begin drinking the HALFLYTELY® solution approximately 8 ounces every 10 to 15 minutes until the solution is gone. Drinking from a straw may be helpful. It may take 1.5 to 2 hours to finish the solution.**
- **DO NOT drink anything after midnight.**
- **DO NOT have anything to eat or drink the day of your procedure.**