



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. You are advised NOT to eat solid food the entire day before your exam.
2. 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, non-red gelatin desert popsicles and soda.
3. For specific directions on the use of prep, see the option box checked by your doctor.
 - Halflytely prep MoviePrep Phosphosoda-enema prep
 - One gallon lavage prep OsmoPrep (tablets only)
4. **If your procedure is scheduled before Noon, DO NOT EAT OR DRINK anything after midnight.**
5. **If your procedure is scheduled after Noon, you may drink up to 8 oz of water or apple juice prior to 8 AM. Do not drink anything after 8 AM.**
6. Do not take any medications in the morning unless specified by your doctor.

THE EXAM

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

During this exam, you will receive intravenous (IV) medicine to relax you. 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 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. This is called intravenous (IV) sedation either by your doctor or by an anesthesiologist. The purpose of this medicine is to help you relax and make you feel more comfortable. It may make you sleepy but you still will be able to communicate with your caregivers. 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 will 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. 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 endoscopy or the exam itself, do not hesitate to speak with your physician or medical assistant.

COLONOSCOPY SPECIAL DIRECTIONS FOR PATIENTS WITH DIABETES

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.

You may select ONE of the following prep options in consultation with your doctor. Call the doctor's office if you have difficulty taking the prep.

ONE GALLON LAVAGE PREP

- Between 3:00 PM and 5:00 PM, drink bowel-cleansing prep (Trilyte®, Nulytely® or Go-Lytely®). It is best when chilled.
 - DRINK ONE EIGHT OUNCE GLASS EVERY 15-20 MINUTES UNTIL THE GALLON IS FINISHED. Follow these instruction, NOT the directions on the bowel prep bottle.
 - Crystal Light® lemonade powder may be added to unflavored bowel prep.
 - You may continue clear liquids during and after bowel preparation.
 - **Do not eat or drink anything after midnight. See directions on the 1st page if your exam is after noon.**
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PHOSPHOSODA-ENEMA PREP

- Purchase a total of 90 ml (3 ounces) Fleets Phospho-soda® and 2 packaged ready-to-use enemas (i.e., Fleets®) from a pharmacy. Both are over the counter products.
 - At 4 PM, drink 45 ml (1.5 ounces) of the Fleets® phospho-soda laxative diluted in 4 ounces of water or apple juice or any clear soda.
 - At 8 PM, drink the remaining 45 ml (1.5 ounces) of the Fleets® phospho-soda laxative diluted in 4 ounces of water, apple juice or any clear soda. You should continue your clear liquid diet during and after your bowel prep. **Drinking extra clear liquids is very important.**
 - **Do not eat or drink anything after midnight. See directions on the 1st page if your exam is after noon.**
 - Take the two (2) Fleets® enemas 60 to 90 minutes prior to reporting for your exam.
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HALF-LYTELY PREP

- **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 eat or drink anything after midnight. See directions on the 1st page if your exam is after noon.**

MOVIE PREP

- The Movie Prep carton contains 4 pouches and a disposable container for mixing.
 - Step 1: Empty One Pouch A and One Pouch B into the disposable container.
 - Step 2: Add lukewarm drinking water to the top line of the container. Mix to dissolve.
 - Step 3: Beginning at 4 PM, drink the solution down to the first mark (approximately 8 oz) on the container. Then drink to the next mark every 15 minutes, until the full liter is consumed. It will take one hour to drink the full liter.
 - Drink 16 oz of the clear liquid of your choice (water, ginger ale, apple juice, Gatorade, lemonade or broth). This is a necessary step to ensure adequate hydration and an effective prep.
 - Step 4: Beginning at 8 PM repeat the process from Step 1 to 3. In other words, you are drinking the second liter over a one hour period.
 - Drink 16 oz of the clear liquid of your choice (water, ginger ale, apple juice, Gatorade, lemonade or broth). This is a necessary step to ensure adequate hydration and an effective prep.
 - **Do not eat or drink anything after midnight. See directions on the 1st page if your exam is after noon.**
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OSMO PREP (32 tablets prep)

- Beginning at 3 PM take 4 Osmoprep tablets with at least 8 oz of any clear liquids (water, clear carbonated beverage, clear juice or Gatorade) every 15 minutes. **DO NOT EXCEED 20 TABLETS.**
 - Beginning at 8 PM take 4 Osmoprep tablets with at least 8 oz of any clear liquids every 15 minutes. **DO NOT EXCEED 12 TABLETS.**
 - Drink as much additional fluids as you can tolerate to ensure adequate hydration.
 - **Do not eat or drink anything after midnight. See directions on the 1st page if your exam is after noon.**
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