

PATIENT RESPONSIBILITY FOR A COLONOSCOPY

It is *imperative* that you thoroughly read and understand the attached instructions for bowel preparation at least two weeks prior to your scheduled appointment. There are many medical conditions that require special attention or restrictions such as clotting abnormalities, implanted defibrillators, artificial heart valves, or mitral valve prolapse with regurgitation. It is your responsibility to review these instructions and inform us if your medical condition falls into one of these categories.

You are responsible for your medical insurance coverage. Please make sure you have an updated referral if needed. Check your referral well in advance of the procedure to avoid problems with coverage and to avoid being financially responsible.

WHAT IS A COLONOSCOPY

It is a safe and effective means of visually examining the full lining of the colon and rectum using a long, flexible, fiber optic instrument. The colonoscopy is used to diagnose colon and rectal problems and to perform biopsies and remove colon polyps. Colonoscopy allows the doctor to diagnose a disease that may not appear on an X-ray study or other techniques.

It is very important that the bowel be cleansed of all residue before a colonoscopy. Please follow the attached instructions carefully and do not eat any solid foods after the time indicated on your instruction sheet. It is very important to drink an increased amount of fluids on the day of your preparation and the day of your procedure. This will keep your body from becoming dehydrated and you will feel much better because of it. Please let us know if you have any medical conditions such as diabetes or heart or kidney disease, as indicated on your preparation sheet.

When you report to the registration desk you will be asked to present your insurance information for the hospital's billing department. They do not get this information from our office. Please be prepared with your insurance cards and information.

In the GI lab you will first be interviewed by a nurse who will take a brief medical history. Please bring a list of any medications that you take or drug allergies that you have. You will then be asked to change into a hospital gown and lie down on the examination cart. An IV will be started so you can be given sedation during the exam to keep you relaxed and comfortable. A lubricant is applied to the anus and the doctor will insert the colonoscope and advance it through the entire colon. You may feel some cramping as the scope passes around certain turns in the colon, but this does not last long and is relieved as soon as the scope is repositioned. Air will be introduced into the colon during the procedure and this may make you feel bloated. Please feel free to pass this air as it will make you feel more comfortable and we expect you to do this.

After the procedure you will be asked to rest in a recovery area for about 20-30 minutes. This will allow the sedation to wear off and give you time to pass any remaining air from the colon. You will be given some juice or soda pop at this time if you wish. In most cases you will be allowed to resume your regular diet immediately, however, detailed instructions will be given to you by a nurse. The doctor will explain to you and your family member or companion what he found during the procedure and what recommendations he has for you.

As with any surgical procedure there are some risks involved. Perforation of the colon is a slight risk but an extremely rare occurrence. Some bleeding after the procedure is common,

especially if polyps were removed or biopsies taken. The doctor will explain to you individually what to expect following your colonoscopy.

Please remember to read and review these instructions carefully and feel free to call us in the office at 857-8751 if you have any questions or concerns.

* Do not schedule this exam if you plan to be going out of town two weeks following the scheduled procedure

* If you weigh over 300 pounds it is IMPORTANT that you contact the office

APPOINTMENT: ***

LOCATION :***

REPORT TO REGISTRATION AT : ***

Do not take any aspirin or ibuprofen products or prescription medications for arthritis for 5 days prior to the exam. You may take extra strength Tylenol. You must inform us if you are taking any medication to thin your blood. Drugs to avoid include Advil, Motrin, Nuprin, Aleve, Ecotrin, & Naprosyn. If you are on Coumadin discontinue it 2 days before and the day of your procedure. If you are on Plavix or Persantine discontinue these medications 5 days prior to your procedure. If you are on Coumadin, Plavix, or Persantine please also double check with your family doctor for instructions. If you are a diabetic on insulin it is important that you check with your primary physician for instructions. We usually suggest you cut your insulin dose in half on the day before and morning of the procedure but this should be confirmed with your physician. If you had any artificial implant within the last year, such as hip replacement, or any heart valve condition, please check with your physician to see if he or she recommends the use of prophylactic antibiotics. It is important that you avoid large seeds and nuts for three days prior to the appointment.

PURCHASE AT THE DRUGSTORE:

4 Dulcolax tablets

1 bottle of Miralax 238 grams

64 ounce bottle of Gatorade ice or Gatorade - nothing red or purple

1 package of Phazyme tablets

THE KEY TO MAKING YOUR PREPARATION A SUCCESS IS DRINKING A LOT OF CLEAR LIQUIDS

THE ENTIRE DAY BEFORE YOUR PROCEDURE AND THE DAY OF YOUR PROCEDURE. PLEASE KEEP DRINKING UNTIL THE TIME OF YOUR APPOINTMENT !!!!!!!!!!!!!!!

DAY BEFORE THE COLONOSCOPY:

Have a clear liquid diet throughout the ENTIRE day. Avoid liquids that are red or purple in color such as red grape juice or cranberry juice. Avoid dairy products and juices with pulp such as orange or grapefruit juice. It is very important that you drink plenty of fluids all day the day before the procedure to prevent dehydration. You will be spending a lot of time in the bathroom as the laxative works to clean your colon, and you will be losing a lot of fluid that needs to be replaced.

Clear liquids include:

Soups: Clear broth or consommé

Sports Drinks: Gatorade, Powerade, Propel

Juices: white cranberry, white grape, apple, limeade, strained lemonade, pulp free orange juice

Beverages: tea, coffee, Kool-aid, carbonated beverages, water

Desserts: water ices, Italian ices, popsicles, Jello

Try to avoid preparations that contain red food coloring. Hard candy is OK if slowly dissolved.

At 3:00pm, take 2 Dulcolax tablets with a glass of water

At 4:00 p.m. in a separate container - mix the entire contents of the 238g bottle of Miralax with 64 oz of Gatorade.

At 5:00 p.m. start drinking the Miralax solution. Drink 8 ounces every 15 minutes until the entire contents are gone. You must drink ALL of the solution. (Occasionally, some may develop nausea with vomiting. The best remedy for this is to take a break from the Miralax for about an hour to allow it to move downstream, and then to resume drinking at a slower rate.)

At 8:00 p.m. take 2 Dulcolax tablets with a glass of water

Continue to drink plenty of liquids until bedtime

Take bedtime take 2 Phazyme tablets

DAY OF THE COLONOSCOPY:

It is very important that you drink 6-8 glasses of clear juice or liquids before your procedure.

Take 2 Phazyme tablets 2-3 hours prior to your procedure

YOU MUST HAVE SOMEONE TO DRIVE YOU HOME AFTER THE EXAM !! NO TAXI - NO BUS

The GI lab or hospital will not release you unless there is a family member or responsible person to drive you home. You will be asked not to drive for 8 hours after the exam because of the sedation.

The procedure may last for 15-30 minutes, but including recovery time you can expect to be there for 1 ½ - 2 hours.

Please do not hesitate to call the office if you have any questions or concerns regarding the preparation or procedure.