

COLONOSCOPY

Preparation Planner/Instructions

NAME _____

Date of Colonoscopy _____ Arrival Time: _____

Location: Baptist Medical Center East - Endoscopy Center

You are scheduled for a *colonoscopy*, an examination of the colon (large intestine) with a lighted flexible scope. During the colonoscopy, if an abnormality is seen, it is usually biopsied at that time. A biopsy involves removing a portion or all of the abnormal area for processing and subsequent examination under a microscope.

IF YOUR COLONOSCOPY HAS BEEN SCHEDULED FOR *SCREENING* (MEANING YOU HAVE NO SYMPTOMS WITH YOUR BOWELS)*, AND THE DOCTOR FINDS A POLYP OR TISSUE THAT HAS TO BE REMOVED DURING THE PROCEDURE, THIS COLONOSCOPY IS NO LONGER CONSIDERED A SCREENING PROCEDURE, IT IS CONSIDERED A SURGICAL PROCEDURE. YOUR INSURANCE BENEFITS MAY CHANGE AND YOU WILL BE REQUIRED TO PAY THE NECESSARY CO-PAY(S). PLEASE CHECK WITH YOUR INSURANCE COMPANY PRIOR TO STARTING THE BOWEL PREPARATION.

***Symptoms such as a change in bowel habits, diarrhea, constipation, bleeding, anemia, etc.**

Plan to be at the endoscopy center for at least three (3) hours. You will have to complete paperwork and then change into a patient gown. The nursing staff will perform an assessment, start an I.V., and take you into the procedure room where you will be sedated and undergo the colonoscopy. The colonoscopy itself takes about 15 – 30 minutes.

After the colonoscopy, you will rest in the recovery area while the sedative wears off. Due to the sedation, you may not remember your conversation with the doctor after the colonoscopy. Please have a family member or friend stay with you that can speak with the doctor and nurses after the procedure and to drive you home. ***By law, you cannot drive the rest of the day of the colonoscopy.*** We advise you to take the entire day off work.

A thorough cleansing of the colon is essential to having a successful colonoscopy. Please follow the instructions for the preparation completely. If you have any questions about the test or preparation, please do not hesitate to call our office at 334-495-2600.

COLONOSCOPY PREPARATION TIMELINE

Five or more days prior to colonoscopy:

- Arrange for transportation and someone to be with you throughout your time at the endoscopy center. If you do not have a ride or someone to stay with you, the procedure will have to be cancelled.
- Purchase the preparation according to the enclosed instructions.
- Consider obtaining a protective ointment such as Preparation H, Desitin or Vaseline to protect the anal area during the prep. You can start to apply it after you start the preparation.
- If you take **Coumadin (warfarin)** or other **blood thinners**, contact your primary physician for specific instructions. **Aspirin and blood thinners** are usually stopped one week before the colonoscopy.
- If you have an **artificial heart valve, an implanted defibrillator**, or need antibiotics before surgery, please notify us.
- Check with your **insurance carrier** if you need pre-approval and to make sure you understand your financial responsibility for the procedure. If you are having a colonoscopy for screening purposes (having no problems, but having the exam for preventative purposes), verify with your insurance company that “Screening Colonoscopy” is a covered benefit. There should be a number on the back of your insurance card to call.
- ***Stop taking iron and vitamins with iron five days before the colonoscopy.***

- Make any needed arrangements to be off work or school on the day of the colonoscopy. *Please remember, by law, you cannot drive the rest of the day of the colonoscopy.*
- Read and familiarize yourself with the preparation instructions.
- Make sure you have returned all paperwork to the office with copies of your insurance card(s) and all requested information.
- Please call the office with ANY questions. 334-495-2600

Three days prior to your colonoscopy:

- Review and plan dietary needs for the next two days.
- Confirm your transportation
- Today is the last chance to cancel or you will be charged a **NO SHOW fee of \$100.00**
- If you have questions, please call us.

Two days prior to your colonoscopy:

- Eat well-balanced meals, but try to avoid nuts, popcorn, raw fruit, raw vegetables and salads.
- **List any allergies and all prescription medications and non-prescription products (over-the-counter, anti-inflammatory, herbal, vitamins, etc) you are taking. *Bring these with you on the day of the colonoscopy.***

One day prior to your colonoscopy:

- Start on a **Clear Liquid Diet** when you get up and continue all day. Follow the instructions for your Prep.

CLEAR LIQUID DIET

- Coffee or tea (*without cream/milk/non-dairy creamer*)
- Gatorade (*NO red or purple colors*)
- Clear Juice (apple, white grape, strained lemonade or limeade)
- Carbonated or Non-carbonated soft drinks
- Jello (*No red or purple colors, No added fruits or toppings*)
- Clear broth or bouillon
- Popsicles (*NO red or purple or blue*)

DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT unless your prep specifically requires something after midnight, then **ONLY** drink what the prep calls for and **NOTHING MORE**. You may take your allowed medications with a **SMALL** amount of water at 6:00AM the morning of the colonoscopy, but **DO NOT DRINK ANYTHING ELSE for at least 4 hours prior to the test**. **DO NOT CHEW GUM or MINTS**.

Failure to follow these instructions may cause the procedure to be cancelled.