

COLONOSCOPY INSTRUCTIONS

Platinum Health, LLC

www.paulyakshemd.com

Name: _____

You are scheduled for a colonoscopy on **date:** _____ at:

- Fairview Maple Grove - check in at Registration Desk on the 2nd floor
- Maple Grove Hospital – check in at the Welcome Desk in the first floor lobby.
- North Memorial Medical Center; check in at the Patient Care Center above the lobby on Level 1
- Allina West Health - check in at the Registration Desk on level 2
- Fairview Southdale Hospital; check in at the Welcome Desk in the skyway lobby on Level 1

Please read these instructions now and call us if you have questions: 763-383-7818

Check in Time: _____. Please arrive promptly ... it takes time to register, get admitted, change your clothing, review and verify your medications, allergies and history, and have an intravenous catheter placed for conscious sedation. Your procedure will start sometime after your check in time depending on the facility and the length of cases before you. The doctor will speak with you twice; once before the procedure and again before you leave.

Note: If you are unable to keep this appointment, we require advance notice of 4 business days or a cancellation charge may apply. A deposit may also be required to reschedule your appointment.

What is a Colonoscopy? It is an endoscopic examination of the inside of your colon. After all fecal matter and bile is removed, a flexible tube is inserted through the anus and the colon lining is inspected.

Why do I need a Colonoscopy? The standard indications for colonoscopy include:

- Surveillance (screening) for colon cancer or premalignant polyps.
- Evaluation of unexplained iron deficiency anemia.
- Evaluation of unexplained gastrointestinal bleeding or hemoccult positive stool.
- Clinically significant diarrhea of unexplained origin.
- Evaluation of an abnormality found on barium enema or abdominal CT scan.
- Chronic inflammatory bowel disease (when it will aid in management decisions).
- Miscellaneous conditions where an evaluation will affect management.

What steps should I take to prepare for the test?

- 1. Arrange for a companion.** Because you will be sedated, you may not drive the rest of the day. A responsible adult must bring you to the procedure, take you home and be with you for 12 hours after the procedure. [You may opt for no sedation; patients who select this option usually do fine, but it is not recommended if you've had abdominal surgery].
- 2. Stop certain medications:**
 - Iron Supplements should be stopped 7 days prior to your procedure (because they interfere with inspection).
 - Anticoagulants (warfarin (Coumadin®), clopidogrel (Plavix®), ticlopidine, aspirin, etc.) should be stopped 7 days prior to the procedure (to reduce the risk of bleeding after removal of a polyp). Contact your primary physician or cardiologist for more specific instructions and/or to verify the safety of coming off this medication.
 - Diabetic medication: if you have diabetes, please check with your primary physician or endocrinologist for specific instructions. In general, on the morning of the procedure, patients with Type 1 diabetes should not take regular insulin and should reduce their dose of long acting insulin by 1/2. Patients with Type 2 diabetes should not take their oral hypoglycemic medication on the day of the procedure.
 - **Continue to take all your other medications as prescribed (especially blood pressure and heart medications).**
- 3. Obtain your supplies:**
 - Have the prescriptions for the bowel prep filled.
 - Purchase a small tube of ointment (or Vaseline) to protect your anus from irritation caused by diarrhea.
 - One fresh lemon or lime.
- 4. Mark your calendar / check list:**
 - 7 days prior:
 - Check with your insurance carrier to verify coverage and/or pre-approval.
 - Adjust medications.
 - 5 days prior:
 - Confirm that you have someone to drive you to your appointment and stay with you afterwards.

- Start a low roughage diet (avoid whole grain breads, cereals, nuts, all seeds (including poppy seeds and sesame seeds), popcorn, raw fruits & vegetables and STOP fiber supplements.

4 business days prior:

- Last chance to cancel without a fee. Many phone calls are required to verify the availability of doctors, nurses and rooms at the facility where you are scheduled. Last minute cancellations often leave a spot that cannot be filled. Cancellations within 4 business days will be charged a fee of \$100.00.

3 days prior:

- Obtain supplies from your pharmacy.

2 days prior:

- If you have chronic constipation, begin a clear liquid diet today.

1 day prior:

- **Drink only clear liquids today.** Examples include: water, broth, apple juice, white grape juice, white cranberry juice, Sprite, 7-up, ginger ale, mountain dew, light colored Gatorade, pulp free lemonade, banana or orange popsicles, lemon ice, yellow or orange Jell-O, light colored tea. Avoid products with bright red, green, blue or purple food coloring. Solid foods, soups, crackers, coffee, milk/milk products are NOT clear liquids. And yes, vodka and most beers are clear liquids, but both are contraindicated in this setting.
- **Follow prep instructions.** An effective preparation removes **all** contents from the colon. It produces diarrhea that is pale yellow, clear and without flecks of stool. If your colon is not properly cleansed, it may result in your procedure being aborted. This can occur even if you took the prep properly (less than 1%). You may continue to drink WATER only but should not drink anything within 4 hours of your procedure.

BOWEL PREP

Two options are provided – you should choose only one. Both are safe; however, if you have chronic kidney disease, you should not take citrate of magnesia. Please follow the directions below (not those recommended by someone else).

Option #1: PEG 3350/Citrate of Magnesia	Option 2: SUPREP – Colonoscopy Prep Kit
<p>Mix the PEG 3350 (GoLYTELY®, NuLYTELY®) with tap water in the gallon jug and shake well to dissolve.</p> <p>On the evening before your colonoscopy:</p> <ul style="list-style-type: none"> • At 6PM, drink one 8 oz. glass of solution every 10 to 15 minutes until you finish the entire gallon. It should take you about three to four hours. <p>On the morning of your colonoscopy:</p> <ul style="list-style-type: none"> • At _____ AM*, drink the citrate of magnesia over 15 to 30 minutes. Follow with one 8 oz. glass of water. <p>Note: Patients with chronic kidney disease may take a “split dose prep”; take one half gallon the night before, and one-half gallon the morning of the procedure ... do not take the citrate of magnesia.</p>	<p>On the evening before your colonoscopy:</p> <p>Pour one (1) 6 ounce of Suprep liquid into the mixing container. Add cool drinking water to the 16 ounce line on the container and mix well.</p> <ul style="list-style-type: none"> • At 6PM, drink all of the liquid in the container. You must drink two more 16 ounce containers of water over the next hour. <p>On the morning of your colonoscopy:</p> <p>Pour one (1) 6 ounce of Suprep liquid into the mixing container. Add cool drinking water to the 16 ounce line on the container and mix well.</p> <ul style="list-style-type: none"> • At _____ AM*, drink all of the liquid in the container. You must drink two more 16 ounce containers of water over the next hour.

*** Note: You must finish taking the morning prep three hours before checking in at your facility.**

WORDS OF WISDOM ...

- Apply protective ointment to the anal orifice before starting your prep (to reduce irritation caused by diarrhea).
- Plan to be near a bathroom. You should expect to start having bowel movements within 30 minutes after starting the prep. The stool may be normal at first, and then become progressively loose, watery and increasingly clear.
- Sucking on a lemon before each glass may cut the taste and help the prep solution go down easier.
- If you become nauseated and vomit, wait 45 minutes for the nausea to subside and then resume prep. In option 1, you can reverse the order of the prep solutions. If you continue to vomit, stop and call our office immediately.
- If you are a very large person or suffer from chronic constipation, you may require a more rigorous cleansing regimen. Contact our office for additional instructions.
- Don't be too alarmed if you thought you were clear the night before, but see flecks and yellow liquid coming out with the morning prep; the second prep is designed to clear out residual debris and bile that accumulated overnight.
- Do not put the prep in the refrigerator; it can lower your core body temp and cause extreme shivering.
- Leave jewelry and body piercings at home.