

COLONOSCOPY

Colonoscopy is the direct examination of the *large intestine* (colon) using a long, thin, flexible tube with a light and optics. Tissue samples may also be taken from inside the body. The tube is inserted through the *anus* (bottom). It is used to check for pre-cancerous polyps, tumors, inflammatory and ulcerative bowel disease or to locate the site of bleeding in the colon.

Preparation:

- You will be given a special liquid diet or laxatives the day before the exam. No solids foods (jello is OK) should be consumed the day before the exam and nothing after midnight. Your doctor may also wish you to discontinue aspirin or blood thinners for several days before the exam if he or she believes a biopsy might be required.

Procedure:

- You will be given conscious sedation with a medication like Versed and Fentanyl. This is not a general anesthetic, but it will relax you and prevent any memory of the procedure.
- The test is usually done in a hospital or outpatient center.
- As the lubricated *colonoscope* (the thin, flexible tube with a light and optics) is inserted into the anus, the intestine is inflated with air. This causes the intestine to expand so that your physician can see all areas.
- Polyps can be easily snared for removal and *biopsies* (tissue samples for study) taken if needed.

Risk:

- There is a very small risk of *bowel perforation* (nicking or tearing the bowel wall).
- If bleeding, fever, nausea, dark stool or abdominal pain develop, report this to your physician for further evaluation.
- There is also a risk of transmitting infection with a *colonoscope*, although this risk is minimal with modern sterilization techniques.
- After the procedure, the air that was inflated during the test may cause some discomfort until it is expelled as gas.

Colonoscopy Preparation Instructions

Golytely

Adult Gastroenterology, Hepatobiliary & Pancreatic Disorders

Colonoscopy Preparation Instructions (GOLYTELY)

No Aspirin, Plavix, Coumadin or non steroid anti-inflammatory blood thinning products 7 days prior to procedure.

Nothing to eat or drink after midnight prior to the procedure.

Arrive 2 hours early.

Arrange for a ride back home after your procedure is over.

Day Prior to Procedure

Clear liquid diet all day long no exceptions. Please see clear liquid diet section.

It is very important to avoid solid foods the day before your colonoscopy. You are allowed clear liquids only.

- Start drinking Golytely between 2 PM – 4 PM; no later than 6 PM
- Drink the 1 gallon of Golytely over 3-6 hours.
- You will receive a prescription for Golytely.
- Mix Golytely with water early in the morning and place in your refrigerator.
- Do Not Add Ice.
- You may add 1 packet of crystal light (lemon flavor only) to the gallon, to improve the taste.

You may continue with your clear liquid diet all day until midnight.

Morning of the Procedure

Between 4 AM and 6 AM, give yourself 1 FLEET ENEMA before coming to the facility for the colonoscopy.

FLEET ENEMA may be purchased from any store / pharmacy; no prescription needed.

Important – Please follow the directions for this prep carefully. Your procedure will be cancelled and rescheduled if the colon prep is not adequate.

Clear Liquid Diet

Drink only "Clear Liquids" for breakfast, lunch and dinner.

Solid foods, milk products are **not** allowed.

Do not eat or drink anything with **RED** or **PURPLE** food coloring.

"Clear Liquids" include:

- Apple juice, white grape juice, white cranberry juice or lemonade
- Water (as much as desired)
- Clear broth or bouillon (chicken or beef flavor)
- Coffee or tea (without milk or non dairy creamer)
- Gatorade (especially good for replacing electrolytes)
- Sprite, 7-up
- Kool-Aid (lemon, lime, orange, peach)
- Plain jello without topping or fruit (lemon, lime, orange, peach)
- Popsicles (lemon, lime, orange, peach)

No fruits or vegetables should be eaten the day before the procedure.



Beginning four nights before your colonoscopy you must begin a **clear liquid diet**. The night before your colonoscopy you are to do a fleets enema at your home. You will then do another fleets enema at your home the morning of your colonoscopy.

Clear Liquid Diet Prep

Four days prior to Colonoscopy drink only “**clear liquids**” for breakfast, lunch and dinner.

Solid foods, milk products **are not** allowed.

Do not eat or drink anything with RED or PURPLE food coloring.

“**Clear Liquids**” include:

- Apple juice, white grape juice, white cranberry juice or lemonade
- Water (as much as desired)
- Clear broth or bouillon (chicken or beef flavor)
- Coffee or tea (without milk or non dairy creamer)
- Gatorade, Sprite, 7up
- Plain Jell-O without topping or fruit (lemon, lime, orange)
- Popsicles (lemon, lime, orange, peach)

Night Before Procedure:

Give yourself 1 FLEET ENEMA the night before procedure.

Morning of Procedure:

Between 4 AM and 6 AM, give yourself 1 FLEET ENEMA before coming to the facility for the colonoscopy.

FLEET ENEMA may be purchase from any store / pharmacy; no prescription needed.

Important – Please follow the directions for this prep carefully.

PATIENT KEEPS THIS PAPERWORK

OSMOPREP (EVENING ONLY) INSTRUCTIONS FOR COLONOSCOPY

PICK UP YOUR OSMOPREP TABLETS AT YOUR LOCAL PHARMACY.

DAY BEFORE THE EXAM:

- The morning before the exam, begin a clear liquid diet. You will be on this diet the entire day. Examples of clear liquids include water, tea, white grape juice, ginger ale, apple juice, yellow Gatorade, jello (no red or orange), coffee (black with sugar or substitute, no milk, no cream, no coffeemate), carbonated beverages (cokes, 7-up or diet drinks), lemonade, bouillon, and clear chicken or beef broth. Ask your doctor if you have any questions about whether a particular drink is acceptable.

NO RED OR PURPLE LIQUIDS PERMITTED. NO MILK OR MILK PRODUCTS. NO SOLID FOODS.

At 5:00 pm take (4) Osmoprep tablets every 15 minutes with at least 8 ounces of any clear liquid until all 20 tablets have been consumed.



4 Osmoprep
Tablets @
5:00 pm



4 Osmoprep
Tablets @
5:15 pm



4 Osmoprep
Tablets @
5:30 pm



4 Osmoprep
Tablets @
5:45 pm



4 Osmoprep
Tablets @
6:00 pm

At 9:00 pm take (4) Osmoprep tablets every 15 minutes with at least 8 ounces of any clear liquid until the remaining 12 tablets have been consumed.



4 Osmoprep
Tablets @
9:00 pm



4 Osmoprep
Tablets @
9:15 pm



4 Osmoprep
Tablets @
9:30 pm

Your body loses significant amounts of fluid during bowel preparation. In order to prevent dehydration, it is important to supplement that fluid loss with clear liquids. Make a conscious effort to drink as much as you can before, during and after the preparation.

PLEASE MAKE SURE NOT TO EAT OR DRINK AFTER MIDNIGHT PRIOR TO THE PROCEDURE OR THE MORNING OF THE PROCEDURE, INCLUDING COFFEE. YOU MAY TAKE MORNING MEDICINES WITH ONLY A SIP OF WATER. IF ANY OF THESE RULES ARE BROKEN, THEN YOUR PROCEDURE MAY HAVE TO BE RE-SCHEDULED OR CANCELLED. IF YOU HAVE ANY QUESTIONS CALL 354-2555.

PLEASE MAKE SURE TO REGISTER AT THE HOSPITAL AT LEAST 3 BUSINESS DAYS PRIOR TO YOUR PROCEDURE. THIS DOES NOT INCLUDE WEEKENDS OR HOLIDAYS.

THANK YOU

WILLIAM A. BALL, JR., M.D., F.A.C.S

PROCEDURE DATE AND TIME _____
TIME TO BE AT HOSPITAL FOR PROCEDURE _____
PT GIVEN INFORMATION _____

PATIENT KEEPS
THIS PAPERWORK

COLONOSCOPY INSTRUCTIONS FOR HALFLYTELY PREP:

1. Get your prescription filled and do your pre-registration at the hospital on the first floor in admitting at least two days before your procedure date.
2. Beginning at noon on _____ you are to limit yourself to a clear liquid diet and start your prep. DO NOT eat any solid foods once you start your prep.
3. Tea, white grape juice, apple juice, clear chicken or beef broth, bouillon, Jell-O (no red or orange), ginger ale, coffee (black with sugar or sugar substitute, no milk, cream or coffee mate), carbonated beverages (cokes, 7-UP or diet drinks), yellow Gatorade are appropriate to drink.
4. Initially you may feel slightly bloated and nauseated, but become more comfortable as you continue to have bowel movements. It is important to finish the entire prep. Nausea, cramping and abdominal fullness are the most common reactions.
5. On day of prep hold the following medications: Calcium, Lisinopril, Potassium and potassium supplements. Resume these medications after the procedure. Also be sure to take only blood pressure medications on the morning of the procedure.

STEPS FOR USING THE HALFLYTELY PREP:

1. **TAKE 2 BISCODYL TABLETS.** The two tablets should be taken with water. Do not crush or chew.
2. **MIX SOLUTION.** Add lukewarm drinking water to top of the line on bottle. Cap bottle and shake to dissolve powder.
3. **WAIT FOR A BOWEL MOVEMENT.** After a bowel movement occurs (usually in 1 to 6 hours), begin to drink the solution. Even if no bowel movement occurs after 6 hours, begin to drink the solution.
4. **DRINK ALL OF THE SOLUTION.** Drink 1 (8 oz.) glass every 10 minutes (about 8 glasses). Drink each glass quickly rather than drinking small amounts continuously. Be sure to drink **ALL** of the solution.

Please make sure not to eat or drink anything after midnight or morning prior to the procedure. You may take morning medicines with only a sip of water. If these rules are broken, then your procedure may have to be rescheduled or cancelled. If you have any questions please call 354-2555.

Thank you,



William A. Ball, Jr., M. D., F. A. C. S.

Procedure date and time _____

Time to be at hospital for procedure _____

*Report to second floor day surgery on morning of procedure.

PATIENT STEPS THIS PAPERWORK

COLONOSCOPY INSTRUCTIONS FOR SUPREP BOWEL PREP:

1. Get your prescription filled and do your pre-registration at the hospital on the first floor in admitting, this should be done at least two days before your procedure date.
2. Beginning at noon on _____ you are to limit yourself to a clear liquid diet and start your prep. DO NOT eat any solid foods once you start your prep.
3. Tea, white grape juice, apple juice, clear chicken or beef broth, bouillon, Jell-O (no red, orange or purple), ginger ale, coffee (black with sugar or sugar substitute, no milk, cream or coffee mate), carbonated beverages (cokes, 7-UP or diet drinks), yellow Gatorade are appropriate to drink.
4. Initially you may feel slightly bloated and nauseated, but become more comfortable as you continue to have bowel movements. It is important to finish the entire prep. Nausea, cramping and abdominal fullness are the most common reactions.
5. On day of prep hold the following medications: Calcium, Lisinopril, Potassium and potassium supplements. Resume these medications after the procedure. Also be sure to take only blood pressure medications on the morning of the procedure with a small sip of water.
6. IF YOU ARE TAKING PLAVIX OR COUMADIN please be sure your physician is aware of this before your procedure as these medications may need to be placed on hold.

STEPS FOR USING THE SUPREP BOWEL PREP:

1. Pour ONE 6-ounce bottle of SUPREP liquid into the mixing container.
2. Add cool drinking water to the 16-ounce line on the container and mix.
3. Drink ALL the liquid in the container.
4. You MUST drink two more 16-ounce containers of water over the next 1 hour.
5. Wait 4-5 hours and then drink the second bottle of SUPREP repeating steps 1-4.

Please make sure not to eat or drink anything after midnight or morning of your procedure. You may take morning medicines with only a sip of water. If these rules are broken, then your procedure may have to be rescheduled or cancelled. If you have any questions please call 354-2555.

Thank you,

William A. Ball, Jr., M. D., F. A. C. S.

Procedure date and time _____

Time to be at hospital for procedure _____

*Report to second floor day surgery on morning of procedure.