

Colonoscopy

Colonoscopy is an examination of the inside of the colon or large intestine. The examination is accomplished by sedation of the patient and introduction of a flexible instrument containing a video camera through the anus. As the instrument is advanced through the colon to the junction of the small and large intestines (the ileocecal valve), photographs are taken and biopsies of the lining or removal of polyps can be performed. Since most diseases of the colon begin in the internal lining of the colon, it is essential that the colon be thoroughly cleansed prior to the examination, so that early abnormalities can be clearly seen.

THE PREPARATION:

Three days before the examination:

1. Avoid fruits and vegetables with seeds and high fiber content for three days prior to the examination. Examples include cucumbers, tomatoes, raspberries, strawberries, popcorn, nuts or corn. Such seeds and residue will clog the suction apparatus of the endoscope and interfere with the examination.
2. Discontinue iron tablets for 3 days before the procedure
3. Obtain NULYTELY, TRILYTE OR COLYTE preparation. If the directions on the bowel preparation are different than ours, **please follow our instructions.**
- 4.

One day before the examination:

1. Mix the NULYTELY, TRILYTE OR COLYTE in the morning. Add tap water to the powder in the container until the container is approximately half full. SHAKE VIGOROUSLY. Fill the container to the top with tap water and shake again until the powder is fully dissolved. DO NOT ADD anything to the container except the flavor packets that are provided with your prescription. You may add ONE flavor packet and throw the rest away. DO NOT MIX THE SOLUTION AND BEGIN DRINKING IT IMMEDIATELY, it must sit and fully dissolve for a few hours before you can drink it.
2. **TAKE ONLY A CLEAR LIQUID DIET ALL DAY, INCLUDING BREAKFAST.** Common examples include tea and coffee (no cream), broth, jello,(excludes red or purple), apple juice,

white grape juice, soda, popsicles, and Gatorade. Do not drink milk products. Take plenty of clear liquids until bedtime.

- 3. At 5:00pm**, begin to drink the cleansing solution, an 8-ounce glass every ten minutes until the container is completely consumed. This will generally take about 3 hours. You can suck on a wedge of lemon or lime or hard candy in between drinking glasses of the cleansing solution. **DO NOT ADD ICE TO THE SOLUTION.** If at anytime you feel too full, like the solution is just sitting in your stomach, take a 20 minute break from drinking and walk around, this will help the solution to begin to move through the intestine. The cleansing solution will cause you to have multiple bowel movements with less and less residue until a clear watery or clear yellow bowel movement is passed. If you develop severe abdominal cramps or persistent vomiting call 630-325-4255. **IF YOU CONTINUE TO PASS BROWN RESIDUE AFTER CONSUMING THE ENTIRE 4-QUART CLEANSING SOLUTION YOU SHOULD COMPLETE THE PREPARATION WITH A BOTTLE OF MAGNESIUM CITRATE (AN OVER-THE-COUNTER LAXATIVE).** **Drink it quickly and follow it with a glass of water. Please remember you have to finish it 4 hours before the procedure.**
- 4.** After completion of the solution you may drink clear liquids until bedtime. You may have a **clear, colorless liquid** in the morning before the colonoscopy (water, 7-up, Sprite, etc...) up to 4 hours before the procedure; **but do not have anything by mouth 4 hours before the colonoscopy (including medication, cough drops, candy, gum or any liquids).**

OPTION 2 FOR TAKING THE BOWEL PREP (If Dr. Kaur is your physician, please use this option).

Be sure to follow a clear liquid diet the day before as instructed above. Instead of drinking the entire gallon of the cleansing solution the night before, you may drink ½ of it the night before the colonoscopy starting at **5:00 PM. Finish it within 90 minutes.** Continue clear liquids until bedtime.

The **morning of the colonoscopy**, drink the second half of the cleansing solution **6 hours before the colonoscopy. Finish it within 90 minutes.** You may have water afterwards, but be sure to have **NOTHING BY**

MOUTH 4 hours before the colonoscopy. This includes water, coffee, cough drops, gum, candy or medication. As stated above, if you are still passing brown residue after consuming the entire gallon cleansing solution, you should complete the preparation with a bottle of **magnesium citrate** (an over the counter laxative). Again, if you need to drink the magnesium citrate, be sure to be finished with it a minimum of **4 hours** before the procedure.

MEDICATION RESTRICTIONS

1. Take any morning medications like blood pressure or heart medications with a small sip of water.
2. Do not take oral diabetic medications the day before the procedure when you are on a clear liquid diet. If you are insulin dependent, take ½ of your daytime dosages and hold your evening dose and your morning dose on the day of the procedure. Please confirm this with your prescribing physician. If you take Victoza, please get dosing instructions from your prescribing physician.
3. If you are taking an anticoagulant, such as Coumadin or Plavix, we will give you individual instructions. Please confirm this with your prescribing physician.

THE EXAMINATION

The examination will be done by your doctor and a trained gastrointestinal nurse assistant. You will be positioned on your left side and given intravenous sedation until you are asleep. Monitoring equipment will check your blood pressure, pulse and the oxygen content of the blood. The examination is generally completed within 30 minutes and will vary with the specifics of the procedure for each patient. Most patients are unable to remember the examination because of the effects of the sedative.

HAZARDS

Whenever instruments are used internally, there is a risk of perforation of the colon. There is also a risk of bleeding, especially when colon polyps are removed. Fortunately, these complications are exceedingly uncommon. If abdominal pain or intestinal bleeding is noted after the procedure, notify your doctor immediately.

FOLLOWING THE PROCEDURE

The recovery period after the examination generally required 15-45 minutes of observation in the Gastroenterology Laboratory. The sedatives may have a prolonged subtle effect that lasts 12-24 hours. A relative/friend must be available to drive you home. **YOU MAY NOT DRIVE HOME OR TAKE A CAB, UBER OR LYFT.** You may have a light lunch after discharge, and should plan to spend the remainder of the day quietly at home. Call (630) 325-4255 if abdominal cramping, pain, fever, or rectal bleeding occur.

CHARGES

You will receive one charge form the physician performing your examination at Digestive Disease Associates. If you have biopsies, you will receive a bill from the facility that prepares the specimen and from the pathologist. There may also be a charge from Mobile Anesthesia for the use of Propofol (if the procedure is performed at our office). Our office will work with you to send the appropriate bills to your insurance agencies.

It is your responsibility to be sure that your health coverage will pay for the procedure. If you do not provide our office with your insurance information at least one week prior to your procedure, you are responsible for obtaining necessary authorizations, precertifications and referral numbers prior to the examination.

You may be billed for charges that are disallowed by your insurance company.