

## COLONOSCOPY

A 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 (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 and corn. These types of foods will leave seeds and residue that will clog the suction apparatus of the endoscope and interfere with the examination.
- 2) Discontinue iron tablets for **3 days** before procedure.
- 3) Obtain NULYTELY, GOLYTELY OR COLYTE preparation. If the directions on the bowel preparation are different than ours, **please follow our instructions**.

#### One Day before the Examination:

- 1) Mix the NULYTELY, GOLYTELY 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, popsicles, Jello, apple juice, white grape juice, soda and Gatorade. No dairy products red or purple liquids. Take plenty of clear liquids until bedtime.
- 3) At 5:00pm, begin to drink  $\frac{1}{2}$  the cleansing solution, and 8 oz glass every 10 minutes. **Finish it within 90 minutes.** 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 any time 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.

- 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... NO COFFEE) 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**).
- 5) 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 afterward, but be sure to have **NOTHING BY MOUTH 4 hours before the colonoscopy**. This includes water, coffee, cough drops, gum, candy or medication.

#### MEDICATION RESTRICTIONS

If you are taking blood thinning medications such as Coumadin, Plavix, Xarelto, Trental, Aggrenox or Eliquis, our office will give you individual instructions. Please confirm our instructions with your prescribing physician.

If you take an oral hypoglycemic pill, do not take it the day before you procedure or the day of your procedure until after the exam. If you are taking insulin, take ½ of your normal daytime insulin dosages and hold the evening dose the day before and do not take any the morning of the procedure. Please confirm this with your prescribing physician.

If you take Victoza, please get instructions from your prescribing physician.

Continue to take your other prescribed medications, such as blood pressure pills, heart pills, etc. as usual. Take them at least **4 hours before the procedure** with a **small sip of water**. Vitamins and supplements may be taken after the procedure.

#### RISKS

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 requires about 30-45 minutes of observation in the Gastroenterology Lab. The sedatives may have a prolonged 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/RIDE SHARE.** You may have a light meal 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 occurs.

## **CHARGES**

There will be charges for our physician at Digestive Disease Associates. There will also be a charge from Windy City Anesthesia for the use of Propofol (if the exam is performed in 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 THE PROCEDURE YOU ARE RESPONSIBLE FOR OBTAINING NECESSARY AUTHORIZATIONS, PRECERTIFICATION AND REFERRAL NUMBERS PRIOR TO THE EXAMINATION.

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