

ALTERNATIVE COLONOSCOPY PREPARATION

IF YOU EXPERIENCE NAUSEA AND/OR VOMITING, OR IF YOU ARE UNABLE TO TOLERATE THE PREP:

1. Wait 30 minutes then:
2. Try to slow down on drinking the prep to every 30 minutes. If you are better, then continue until you are finished drinking the prep.
3. However, if you are unable to consume the entire prep:

First: go to Pharmacy and buy 2 Ducolax tablets and 2 bottles of Magnesium Citrate

(Magnesium Citrate and Ducolax are sold over the counter, no prescription necessary.)

Then: Take the 2 Ducolax tablets at one time with 16 ounces of water and drink the entire bottle of Magesium Citrate.

Then: wait 4 hours, only if stool not clear, drink the second bottle of Magnesium Citrate along with another 16 ounce of water.

YOU SHOULD CALL THE OFFICE IF VOMITING BLOOD OR PASSING BLOOD PER RECTUM.

YOU SHOULD CALL THE OFFICE AT 412-232-8104 AFTER 8 AM ON THE MORNING OF YOUR TEST IF STILL HAVING SOLID OR BROWN STOOLS. IF YOUR TEST IS SCHEDULED BEFORE 9AM CALL 412-232-8104 AND ASK ANSWERING SERVICE TO CONNECT YOU TO OFFICE.

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Name: _____

You are scheduled for a consultation and **COLONOSCOPY** with possible polypectomy and/or biopsy on _____ at _____.

Please arrive at the hospital or surgery center no later then: _____.

Your procedure is scheduled at:

_____ **South Hills Endoscopy Center.** Report to the reception desk in the main lobby in the front of the building. Parking is free.

_____ **Mercy Hospital.** Report to the Endoscopy and Special Procedures Unit located on the second floor of Mercy Tower. Reduced parking is available in the hospital lot.

_____ **St. Clair Memorial Hospital.** Report to the Endoscopy Unit located on the third floor of the hospital. A van service is available in a limited area around the hospital. Call transportation services through the hospital operator (412-561-4900) to make arrangements.

_____ **Spartan Surgicenter.** Report to the reception desk located on the ground floor of the Spartan Surgicenter Building. Parking is free.

_____ **Mon Valley Hospital.** Report to same day surgery on first floor.

PLEASE READ ALL OF THESE PREPARATION INSTRUCTIONS AS SOON AS THEY ARRIVE! FAILURE TO FOLLOW INSTRUCTIONS MAY RESULT IN YOUR TEST BEING CANCELLED OR REPEATED.

- ◊ The patient or responsible family member will need to sign a **CONSENT FORM** for the procedure. Bring your completed history form, including a current list of medication ◊ Since you will be sedated for this exam, you can not drive or operate machinery for 12-24 hours following the test. You must be accompanied by a companion and made arrangements for transportation or you *will not be given the sedation*

Please let the office know if you have any **ALLERGIES** especially to sedatives, antibiotics, other medications, iodine, x-ray dye or Latex.

- ◊ Please call 48 hours in advance if you are unable to keep your appointment so we might make this time available to other patients.

◇ **2 WEEKS PRIOR TO THE TEST:** Stop all herbal and iron supplements.

◇ **3 DAYS BEFORE THE PROCEDURE:** Avoid high fiber foods, fiber supplements (like Metamucil), fruits and vegetables with skins and seeds (like: peas, corn, apples, raspberries, strawberries, potatoes with skin).

◇ **THE DAY BEFORE THE PROCEDURE:**

■ Have a **Low Fiber Breakfast** (Eggs, White Toast, Plain Yogurt, Grits, Coffee, Tea)

■ **After you have a Low Fiber Breakfast and Before The Procedure, have ONLY CLEAR LIQUIDS.** This includes liquids you can “see through” like tea, apple juice, soda, Jell-O, coffee with non- creamer, popsicles, flavored ices, etc. **DO NOT EAT OR DRINK FOODS COLORED RED.**

- **PLEASE SEE SEPARATE INSERT FOR PREP INSTRUCTIONS**
- You may have clear liquids, as outlined previously, during the evening. Bites of Jell-O, popsicles, or flavored ice, between glasses of prep, helps reduce the after taste. Remember the morning of you test you can not have anything by mouth.
- **PLEASE REFER TO BACK COVER IF UNABLE TO TOLERATE PREP**

◇ **THE DAY OF THE EXAMINATION:**

■ Nothing to eat or drink...

1. Except necessary medication (Heart, Blood Pressure, Seizure) with a small sip of water.
2. No Candy, Cough Drops, Gum, Chewing Tobacco or SNUFF the day of procedure
3. Failure to comply with above guidelines may result in your procedure being delayed or canceled.

■ Since you will be sedated for this exam, you can not drive or operate machinery for 12-24 hours following the test. ***You must have arrangements for transportation and for someone to accompany you home, even if you take a taxi or the van service.***

◇ **DURING THE EXAMINATION:**

Your vital signs are monitored during the procedure. An intravenous line will be placed in your hand or arm to administer medications that will help relax and sedate you during the exam.

FOLLOWING THE EXAMINATION:

◇ Following the exam, the doctor will explain his findings. Because of the sedation you may feel groggy and have some problem remembering what the doctor has told you. The endoscopy nurses will review any instructions with you before you leave.

◇ You will remain in a recovery area, approximately one hour, until you are alert and fully awake. A friend or family member must accompany you home. You can not drive, operate machinery and should not be alone for at least 12 hours following the exam.

◇ You will be able to eat and drink normally after the exam unless instructed otherwise by your physician.

◇ Colonoscopy is generally a very safe procedure, but as with any invasive procedure, complications including perforation (0.05-.12%), infection, bleeding or adverse effects of the sedation are possible even though extreme care is taken. Your physician will discuss the implications of the procedure with you prior to the exam and address any of your questions or concerns.

◇ You may feel slight cramping after the exam and may need to “pass gas”. This usually lasts briefly. If a biopsy is done or a polyp is removed, you may possibly notice a small amount of blood in your next bowel movement. If bleeding or pain is significant or persists, please notify our office 412-232-8104 immediately.

◇ If the IV site becomes red or swollen following the procedure, warm wet compresses generally relieve the discomfort. If concerned, please call our office to discuss with the nurse.

◇ If a specimen, culture, biopsy or polypectomy was performed the results will, in most cases, be available within 7 days. At that time, we will send you your follow-up instructions in the mail. If you still have questions for the doctor, please call and talk to his or her nurse.

◇ Copies of your endoscopy and pathology reports will automatically be forwarded to your primary care and referring physicians. Your medical records are kept in the strictest confidence and will not be released without your expressed permission.