

PREPARATION SCHEDULE FOR COLONOSCOPY

- AS SOON AS YOU GET THIS INSTRUCTION:

- If you take **BLOOD THINNERS** like warfarin (**Coumadin**), apixaban (**Eliquis**), rivaroxaban (**Xarelto**), or others, you will need to contact your prescribing doctor to ask if you can hold this medication prior to your procedure. If not, please inform us. In general, Coumadin needs to be held for 5 days, Eliquis 2 days, and Xarelto 2 days. Baby aspirin does not need to be held.
- If you are **diabetic** and require insulin or oral diabetic agents to control your blood sugar levels, your dose may need to be adjusted because of the dietary changes associated with this test. You will need to contact the doctor that orders your medications for directions.
- If you require prophylactic antibiotics, blood products, or specific medications before surgical or dental procedures, make sure you included this information in the Procedure Intake Form (otherwise, notify our office immediately). Our physicians will decide if you will require them and if you do, you will need to arrive 2 hours or more before the procedure; our office will tell you the time.
- Make arrangements for transportation for the day of procedure since you are not allowed to drive due to sedation. You must have a responsible adult driver with you upon checking in. This person must remain on premises until your procedure is complete. On discharge they must drive you home. If these instructions are not followed, regretfully we will have to cancel your procedure.

- 7 DAYS BEFORE THE PROCEDURE:

- Begin **Low Fiber Diet** (see below for details). Avoid high fiber foods, fiber supplements (like Metamucil), fruits and vegetables with skins and seeds (like: peas, corn, apples, raspberries, strawberries, potatoes with skin).
- **Please pick up your bowel prep from the pharmacy**. Call the pharmacy first to make sure the prescription was received and it is in stock. If your bowel prep is NuLYTELY, GoLYTELY, PEG 3350 and Dulcolax tabs, then you will need to buy two Dulcolax (bisacodyl) 5 mg tablets in addition. If your bowel prep is 2 Day Alternative Prep, then you will need to buy four Dulcolax (bisacodyl) 5 mg tablets and three 10 oz bottle of magnesium citrate (both are sold over the counter, no prescription necessary). You may chill your prepared bowel prep solution in the refrigerator to make it more tolerable.
- Stop iron pills or multi-vitamins that contain iron
- If you need to cancel or reschedule your procedure, let us know.

- 2 DAYS BEFORE THE PROCEDURE (only if your are doing a 2 Day Alternative Prep):

- Have only **Clear Liquids** the entire day. **Start bowel prep with DOSE 0** at 6 PM (see Colonoscopy Bowel Prep and Diet Instruction).

- THE DAY BEFORE THE PROCEDURE:

- Have only **Clear Liquids** the entire day before the test (two days if you are using the extended, alternative preparation). **Clear Liquids** includes liquids you can "see through " like water, tea, coffee with non-creamer, carbonated beverages, Gatorade, fruit flavored drinks, strained fruit juices without pulp (apple juice, white grape juice, lemonade), clear broth, consommé, clear flavored gelatin, Jell-O, popsicles, sugar, honey, syrup, clear hard candy, salt. Nothing red, purple, or dairy.
- **Start bowel prep** (see Colonoscopy Bowel Prep and Diet Instruction). Basically, **start DOSE 1 at 6 PM. Start DOSE 2 at 7 hours before the colonoscopy** and it should be **finished 4 hours before the colonoscopy and nothing to eat or drink after that.**
- **Tips for easier bowel prep:** Mix the prep ahead and have it chilled in the refrigerator before you drink (it's like cold vs. warm beer). Drink or add a flavored mix (from the clear liquids above) to your prep. Try drinking the solution with a straw. Stay close to the bathroom. Prepare soft toilet paper or wet wipes.
- If unable to tolerate prep with **nausea and/or vomiting:** wait 30 minutes and then 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. However, if you are unable to consume the entire prep, then do the Alternative Colonoscopy Preparation as below.
- **Alternative Colonoscopy Preparation:** first, go to pharmacy and buy 2 Dulcolax tablets and 2 bottles of Magnesium Citrate (both are sold over the counter, no prescription necessary) → Take the 2 Dulcolax tablets at one time with 16 ounces of water and drink the entire bottle of Magnesium Citrate → wait 4 hours → if stool is not clear, drink the second bottle of Magnesium Citrate along with another 16 ounces of water
- If you are still having solid or brown stools, call our office after 8 am on the morning of your test. If your test is scheduled before 9 am, call 412-232-8104 and ask answering service to connect you to office.

- ON THE DAY OF PROCEDURE:

- Nothing to eat or drink after finishing prep except necessary medications (heart, blood pressure, seizure) with a small sip of water.
- No candy, cough drops, gum, chewing tobacco or snuff the day of procedure.
- Failure to comply with above guidelines may result in your procedure being delayed or canceled.
- Since you will be sedated for this exam, you are not allowed to drive or operate machinery for 12-24 hours following the procedure. You must make arrangements for transportation. Someone must accompany you home, even if you take a taxi or use the van service. You will not be given sedation if they are not in the endoscopy unit when the procedure is started. You should not be alone for 12 hours following the procedure.
- An intravenous line will be placed in your hand or arm to administer medications to sedate you during the exam.
- The procedure generally takes 15-30 minutes and additional time for recovery from sedation.

- FOLLOWING THE PROCEDURE:

- You will remain in the outpatient recovery area until you are awake and alert, generally about 30-60 min. Your doctor will explain the findings, but because of the sedation you may feel “groggy” and have some problem remembering what the doctor has said. The endoscopy nurses will also review any instructions with you before you leave.
- You will be able to eat and drink normally after the exam unless instructed otherwise by your physician. You may also feel the need to “burp” air following the test. 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
- Colonoscopy is generally a very safe procedure, but as with any invasive procedure, complications including perforation, infection, bleeding or adverse effects of the sedation are possible even though extreme care is taken. **If bleeding or pain is significant or persists, please notify our office immediately.**
- 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.
- If the IV site becomes red or swollen following the procedure, warm wet compresses generally relieve the discomfort. If concerned, please call our office.
- If a specimen, culture, biopsy or polypectomy was performed, the results will be available within 5-7 days in most cases. You will get a mail or be called for the results in 2-3 weeks. If you have questions, you can reach us for more discussion.
- 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.
- If we can be of any further assistance (regarding test results, billing, insurance, etc.) please do not hesitate to contact our office.