

WHAT IS COLONOSCOPY?

Colonoscopy is the visual examination of the lining of the large intestine (colon) and rectum. The purpose of the exam is to identify any abnormalities by inserting a flexible fiberoptic tube into the anus. The tube, which is about the thickness of your finger, is slowly passed into the rectum and colon. The results obtained from colonoscopy are useful in diagnosing and treating a variety of symptoms and diseases.

HOW DO I PREPARE FOR THE EXAM?

The colon must be thoroughly clean in order for the exam to be accurate and complete. Usually, this consists of drinking a large volume of a solution, which flushes the colon clean. Your physician will provide you with information about cleansing instructions.

WHAT HAPPENS DURING COLONOSCOPY?

Anesthesia will be provided for those patients who wish to be sedated during their colonoscopy. This will be performed by the hospital Anesthesia Department. A needle will be placed in your arm vein through which medication will be injected to help you feel relaxed and sleepy. While lying on your left side, the flexible colonoscope will be inserted, causing you to feel a mild sensation of wanting to move your bowels. As the tube is moved into the colon, it is common to experience slight

cramping or gas. The exam takes between 15-60 minutes and may involve changing positions in order to allow for movement of the flexible tube.

If there is abnormal growth (polyps), it will be removed by applying electrical heat (electrocautery) through the colonoscope. A small tissue specimen (biopsy) may be taken from the lining of the colon for microscopic analysis. Neither test will cause you any discomfort.

WHAT CAN I EXPECT AFTER THE EXAM?

You can expect to feel bloating for generally an hour afterwards. This feeling will be relieved as gas is passed. Due to the medication, you will probably feel drowsy for a period of time. Your doctor will discuss the findings of the exam and provide you with instructions to follow when you return home. Ask the doctor or nurse if you have any questions.

WHAT ARE THE POSSIBLE COMPLICATIONS OF A COLONOSCOPY?

Colonoscopy and polypectomy are generally safe when performed by physicians who have been specially trained and are experienced in these endoscopic procedures.

One possible complication is a perforation or tear through the bowel wall that could require surgery. Bleeding may occur from the site of biopsy or polypectomy. It is usually minor and stops on its own or can be controlled through the colonoscope.

Rarely, blood transfusions or surgery may be required. Other potential risks include a reaction to the sedatives used and complications from heart or lung disease. Localized irritation of the vein where medications were injected may rarely cause a tender lump lasting for several weeks, but will go away eventually. Applying hot packs or hot moist towels may help relieve discomfort. Although complications after colonoscopy are uncommon, it is important for you to recognize early signs of any possible complication. Contact your physician who performed the colonoscopy if you notice any of the following symptoms: severe abdominal pain, fever and chills, or rectal bleeding of more than one-half cup. Bleeding can occur several days after polypectomy.

COLONOSCOPY PREP – EZ2GO

Please read the entire packet **NOW** and again at least 1 week prior to your procedure.

TWO DAYS BEFORE the procedure – clear liquids all day. In evening take 1 10 oz. bottle of Magnesium Citrate (over the counter).

ON THE DAY PRIOR TO THE PROCEDURE: You may have **ONLY CLEAR LIQUIDS** the ENTIRE DAY before your procedure. You should consume at least 2 liters (64 ounces) of fluid during the 5 hours prior to starting your preparation, and at least 6 liters over the entire day.
*****NOTHING RED OR PURPLE *****
*****NO SOLID FOOD OR DAIRY PRODUCTS*****

In AM – thoroughly mix all the Miralax powder with 64 oz of Gatorade (NO RED OR PURPLE), then refrigerate (you will need to transfer this to a gallon container in order to mix both together)

At noon the day before your Colonoscopy, take 4 Bisacodyl tablets with 8 ounces of clear liquid.

Beginning at 3:00 pm the day before the colonoscopy, drink 8 ounces of Miralax/Gatorade mixture every 10 minutes until the 32 ounces are completed (4-8 oz glasses).

If you are scheduled for an AM procedure, start your 2nd dose at 8:00 pm the night before your procedure, drink 8 ounces of Miralax/Gatorade mixture

every 10 minutes until 32 ounces are completed (4 – 8 oz. glasses) **You must be finished drinking your prep and all other clear liquids 3 hours prior to your procedure.**

Please arrive at the hospital on time and **be sure you have someone to drive you home after the procedure.** If taking a cab or elderbus someone other than the driver **must** accompany you home.

If your procedure is scheduled for Noon or later, skip the 8pm dose and start your 2nd dose no later than 2 am the day of your colonoscopy, drinking 8 ounces of Miralax/Gatorade mixture every 10 minutes until 32 ounces are completed (4 – 8 oz. glasses) **You must be finished drinking your prep and all other clear liquids 3 hours prior to your procedure.**

Please arrive at: Harrington Hospital
Outpatient Desk in
Main Lobby

DATE: _____
ARRIVAL TIME: _____
PROCEDURE TIME: _____

THIS IS APPROX. & MAY CHANGE DUE TO HOSPITAL SCHEDULING & EMERGENCIES. WOULD ANTICIPATE AT LEAST 3 HRS FROM ARRIVAL TIME TO DISCHARGE.

PATIENT NAME: _____

DOB: _____

COLONOSCOPY

ALL INSURANCE PLANS HAVE DIFFERENT BENEFITS, COVERAGE & DEDUCTIBLES. WE ADVISE YOU TO CONTACT YOUR INSURANCE COMPANY BEFORE YOUR SCHEDULED PROCEDURE TO BE ADVISED OF YOUR SPECIFIC BENEFITS AND ANY OUT OF POCKET EXPENSES.

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SENT TO SDS: _____

CONSENT: _____

H&P: _____ SENT: _____

REF#: _____ PA#: _____