

Total Colonoscopy Instructions

Hospital (GI Lab): _____ Admit Time: _____ AM/PM

Name: _____ Date: _____ Time: _____ AM/PM

Colonoscopy is an examination of the colon using a Flexible Optic Instrument that is 120 centimeters in length (approximately 5 feet). This enables your physician to study the interior of your colon and to take biopsies and remove polyps if needed. This procedure is done under intravenous sedation and takes approximately one hour.

WHAT ARE THE RISKS OF THE PROCEDURE?

Colonoscopy is a relatively safe procedure. Bleeding occurs in 0.7 – 2.5 % of the procedures associated with a polypectomy, and perforation occurs in 0.3 – 1.0 %. The overall mortality rate from a colonoscopy is 0.02%.

RESTRICT BLOOD THINNING MEDICATION FOR ONE WEEK PRIOR TO THE COLONOSCOPY UNLESS INSTRUCTED NOT TO BY YOUR DOCTOR. PLEASE NOTIFY US IF YOU WERE RECOMMENDED TO CONTINUE TAKING YOUR MEDICATION DUE TO HEALTH RISK.

INSTRUCTIONS

1. TWO DAYS BEFORE THE COLONOSCOPY:

Avoid heavy, hard to digest, fatty, or fried foods, raw fruits and vegetables, salads, fiber and whole grain products.

* You may eat pasta dishes, rice, white or wheat bread or crackers, soup, baked chicken/fish/turkey, mashed or baked potatoes.

You may eat a light breakfast, lunch, and dinner.

2. ONE DAY BEFORE THE COLONOSCOPY:

Only consume clear liquids all day. Maintain a high fluid intake.

NO MILK PRODUCTS, SLIM FAST, CREAMERS, RED – COLORED (drinks, Jell-O, popsicles).

CLEAR LIQUIDS YOU CAN HAVE:

FRUIT JUICES	BOUILLON
SOFT DRINKS	JELLO (EXCEPT RED)
CLEAR BROTHS	POPSICLES (EXCEPT RED)
BLACK COFFEE	TEA
LOTS OF WATER	ALCOHOL (IN MODERATION)

3. Mix the HalfLyte^{ly} in the morning. It comes with powder on the bottom. Fill the container to the fill line with lukewarm water. Shake well and refrigerate to chill.

4. At NOON take 2 Bisacodyl tablets included in the prep kit. DO NOT CRUSH OR CHEW THE TABLETS.

5. At 6:00 PM Begin taking the liquid portion of the prep at this time.

Drink one 8oz glass every 10 minutes. You must finish the entire prep. You may drink clear liquids until midnight.

DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT EXCEPT NECESSARY MEDICATIONS WITH A SIP OF WATER.

After completion of the procedure, you will be kept under observation in the recovery room for approximately 2-3 hours or overnight if necessary. **As you may still be under the residual effects of sedation, please have someone drive you home.** You can resume regular diet soon after your procedure, unless told otherwise.

If you have any other questions, please call our office at (925) 274-9000.