

# TOTAL COLONOSCOPY INSTRUCTIONS

Hospital (GI Lab): \_\_\_\_\_ Admit Time: \_\_\_\_\_ AM/PM

Name: \_\_\_\_\_ Date: \_\_\_\_\_ Time: \_\_\_\_\_ AM/PM

## **WHAT IS A TOTAL COLONOSCOPY?**

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%.

**IMPORTANT: RESTRICT BLOOD THINNING MEDICATION FOR ONE-WEEK PRIOR TO THE PROCEDURE THIS INCLUDES ASPIRIN AND ANTI-INFLAMMATORY MEDICATIONS. DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT EXCEPT NECESSARY MEDICATIONS WITH A SIP OF WATER. (TYLENOL OK)**

## INSTRUCTIONS:

### **ONE DAY BEFORE THE PROCEDURE:**

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	JELL-O (EXCEPT RED)
CLEAR BROTHS	POPSICLES (EXCEPT RED)
BLACK COFFEE	TEA
LOTS OF WATER	ALCOHOL (IN MODERATION)

Take one gallon of bowel prep (prescription attached) at noon the day before. Drink this solution at a rate of approximately 16 oz. Every 15-20 minutes until you have drunk the entire gallon. This should take about 3 ½ hours. Apply A&D (over the counter) Ointment to the anal area to avoid irritation from multiple liquid bowel movements.

On the day on the procedure take one Dulcolax Suppository 3 hrs prior to going to hospital.

You may continue to have clear liquids until midnight the day before the procedure.

If you are taking cardiac and/or hypertensive medications, continue them until the day of the procedure with sips of water.

If you are diabetic, please call your primary care physician to adjust your insulin and other diabetic drug dosages prior to and immediately after this procedure.

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) 274-1137.**