

Colonoscopy INSTRUCTIONS

Dr. Steve Gutnik

PLEASE READ THESE INSTRUCTIONS THOROUGHLY!

Date of Colonoscopy: ___ / ___ / ___ **Arrival Time:** _____ (time is subject to change.)

You will receive a pre-op call the day prior to your procedure and will be instructed what time to arrive.

Location: _____ **Ambulatory Surgery Center – Section L** _____ **Same Day Surgery Center**
Yankton Medical Clinic, P.C. Avera Sacred Heart Hospital
1104 W. 8th Street 501 Summit Street
Yankton, SD 57078 Yankton, SD 57078

You are scheduled for a COLONOSCOPY, an examination of the large intestine with a lighted flexible scope. During the colonoscopy, if an abnormality is seen, it is usually biopsied at that time. A biopsy involves removing a portion or all of the abnormal area for examination under a microscope.

Plan to be with us for a total of two to three hours. When you arrive you will change into a patient gown. The nursing staff will perform a brief assessment, place an IV, and take you into the procedure room where you will be sedated and undergo the colonoscopy. The procedure itself takes about 15-30 minutes.

After the colonoscopy, you will rest in the recovery area while the sedative wears off. Due to the sedation, you may not remember your conversation with the doctor after the colonoscopy. Please have a family member or friend stay with you that can speak with the doctor and nurses after the procedure. **By law, you cannot drive the rest of the day of the colonoscopy.** We advise you to take the entire day off work.

A thorough cleansing of the colon is essential and the examination is most successful if you follow the instructions completely, as outlined below. If you have any questions about the test or preparation, please do not hesitate to call our office (605-665-1722 ask for Donna or Cindi).

It is important for you to bring a list of all prescription medications and non-prescription products (over-the-counter, anti-inflammatory, herbal, vitamins, etc.) you are taking and a list of any medications you are allergic to.

If you are taking Coumadin (warfarin) or Plavix-contact us for specific instructions.

DO NOT take Ibuprofen, Motrin, Aleve, or other over-the-counter arthritis medication for 5 days before the procedure. It is OK to continue taking Aspirin.

Stop Iron tablets and **Fish Oil** capsules one week prior to the procedure.

Notify our office if you have an artificial heart valve or are allergic to latex.

The day of your colonoscopy: Please be sure to take any blood pressure or heart medications the morning of the test with a sip of water.

Diabetic patients: Do not take your diabetes pill today, but bring a dose with you to take after your colonoscopy. If you are on insulin contact your primary physician a few days before your procedure for insulin instructions on the day of your prep. Do not take insulin the day of the procedure unless told by your primary physician, bring it with you to the surgery center.

When you are ready to leave, your designated driver will take you home where you can eat and relax the rest of the day. You will receive specific instructions about eating, activities and medications before you leave.

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1104 W. EIGHTH STREET, YANKTON, SD 57078
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FREQUENTLY ASKED QUESTIONS

1. Is there any way that I can make this taste any better?

You can try sucking on hard candy or rinse your mouth with water or mouthwash. Do not eat or drink anything while you are drinking this solution.

2. Why avoid red liquids?

The red color can persist in the colon and potentially look like blood.

3. I feel like vomiting and I do not think I can drink anymore. What should I do?

It is important that you continue to drink the solution if possible. Without a clean bowel, the doctor will not be able to see the inside of your colon to complete the examination. If you do vomit, wait 30 minutes and begin drinking the solution again.

4. After drinking most of the solution, I have not gone to the bathroom yet. What should I do?

Keep drinking. Most people have a bowel movement after an hour; some patients may take two hours or longer.

5. I am taking the prep and now having loose, watery stools. Do I still need the rest of the prep?

Yes, you may have solid stool higher in the colon that needs to be eliminated.

6. I already have diarrhea before taking the prep, do I still have to take the laxative?

Yes, you must take the prep as directed by your doctor. Your colon is approximately five feet long. The entire colon must be emptied for your physician to see the colon clearly.

7. I see yellow color in the toilet bowl and a few flecks. What do I do?

If you drank the entire solution or if your last bowel movements were clear enough that you were able to see the bottom of the toilet, you should be fine. It is okay if you have some flecks of material. The yellow color is a result of the bile that normally colors feces. This should not interfere with the examination.

8. My bottom is so sore. What can I do?

To clean the area, avoid rubbing. Gently pat with a wet washcloth. Apply Vaseline, Preparation H, or Desitin liberally.

9. Can I drink alcoholic beverages?

We strongly suggest that you do not drink any alcoholic beverages prior to your procedure since they can cause dehydration and some wines may thin your blood.

10. Can I chew gum or suck candy?

Yes, but nothing with soft centers or red color.

11. Can I brush my teeth?

Please do.

12. Can I wear my dentures?

Yes, you may wear your dentures to the endoscopy suite. However, you may be asked to remove them prior to the procedure.

13. Do I need a prescription for the laxatives?

It depends on the preparation instructions you were given. Golytely requires a prescription.

