



You have been scheduled for a **Colonoscopy at Tri-State Day Surgery/GI Clinic** 1221 Highland Clarkston WA 99403 (509)758-4373

on _____ The hospital will contact you to schedule a time one to two days prior to your test.

You will need to pick up your prep kit and instructions at the **Day Surgery/GI Clinic** 5 days prior to your examination, *(if possible)*

Follow up in the office 302 5th Street Suite 3 Clarkston WA (509) 758-2200 _____ at _____

Colonoscopy is a diagnostic procedure in which the doctor examines the inside of your large intestine, also called the colon, using a thin flexible fiberoptic instrument. During the procedure biopsies may be obtained. Polyps or other growths may be removed through the colonoscope. Biopsies are taken for many reasons other than a worry of colon cancer. Having a colonoscopy substantially decreases the risk of developing colon cancer but a small risk still remains.

There are alternative ways to prepare for a colonoscopy. The one we recommend tends to ensure that the bowel is clean but also minimizes much of the problems. Please ask about other preparations if you feel it might be difficult or if you have heard of a preparation that you would prefer. A history of **renal failure, congestive heart failure, fainting, or advanced age** would affect the choice of bowel prep dramatically. If you have concerns please discuss this further or we can schedule an appointment for you to discuss this.

Colonoscopy is commonly done to decrease the risk of colon cancer. Almost all colon cancers arise in preexisting, benign, tumors of the colon called polyps. Removal of any polyps dramatically decreases the risk of colon cancer. Colonoscopy is by far the best procedure to screen for and decrease the the risk of colon cancer. Even after the removal of polyps, very rarely colon cancers can develop in the colon.

Colonoscopy is a safe and well tolerated examination that for the vast majority of patient is pain free or associated with, at most, minimal discomfort. Rare complications of colonoscopy include reactions to the bowel preparation, reaction to the sedative medication given during the procedure, perforation of the colon, damage to other organs such as spleen or bleeding, especially after removal of a polyp.

Preparation of the bowel for colonoscopy is for most people the most uncomfortable part of the examination. People experience mild to moderate cramps that can be uncomfortable but will always pass with time. Nausea occurs occasionally. Some people may experience fainting or lightheadedness during the preparation so it is a good idea to have someone with you the evening and night before your examination. The bowel preparation will cause multiple, frequent, loose, watery bowel movements, hopefully with minimal bowel cramping. **You will have to stay very close to a bathroom once the bowel starts to empty.** Some people do not experience a warning urge before bowel movements.

You may take your normal medications. Some things to consider.

- If you are a **diabetic** using **Insulin**, please consult your primary physician about your insulin
- If you have **renal disease** requiring **dialysis**, you should use a special prep ask us or your primary physician
- Do not take **iron or calcium** for 5 days prior to your examination
- If you are taking **anticoagulants or “blood thinner”** such as Aspirin, Plavix Coumadin, Warfarin, and the like we suggest you continue them. They do increase the risk of bleeding complications but the frequency of bleeding is still low even with the removal of a polyp and the bleeding is controllable and manageable whereas the complications of stopping these anticoagulants, such as heart attack, stroke, and pulmonary embolus are extremely serious, often fatal or life altering and generally with limited treatments. If you have concerns discuss them with the doctor prescribing the anticoagulants. Remember **always** if you develop chest pressure, indigestion, sudden weakness, or inability to speak **call 911**.

Please call us at 509-758-2200 if you have any questions about your procedure or your preparations.