



You have been scheduled for a **Colonoscopy** at **Tri-State Day Surgery/GI Clinic** 1221 Highland Clarkston WA (509)758-4676

You will need to **pick up your bowel prep kit** at your pharmacy.

on \_\_\_\_\_ you will need to arrive at the Tri-State Day Surgery/GI Clinic at \_\_\_\_\_

Sedation is used for the procedure so you will **need to have a friend or family member** available after the examination to drive you home.

**Follow up** in the office **625 6th Street** 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 many 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 ask 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 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 patients 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. Since 2001 endoscopy in the Lewis Clark Valley has been done with propofol administration administered by the gastroenterologist. Propofol is an anesthesia induction medication.

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. Apply barrier cream to the rectum before starting your prep to reduce soreness**. Some people do not experience a warning urge before bowel movements.

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

- If you're 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 embolism are extremely serious, often fatal or life altering and generally with limited treatments. If you have concerns, discuss them with the doctor

## Frequently Asked Questions

- **What is a clear stool?** A clear stool can have a slight tint of yellow or brown. It will be completely transparent, and will not contain any solid matter. The bottom of the toilet can be seen through clear stool.
- **I am not having bowel movements, what should I do?** Bowel movements can take up to 2 hours to start after beginning the prep, but may take 5-6 hours, depending on the person. Be patient, continue to drink clear liquids. If you have not had a bowel movement by midnight the night prior to your procedure, you should obtain a bottle of magnesium citrate (296mL), from your local pharmacy, and drink the entire bottle.
- **The prep is making me nauseous, what should I do?** If you develop nausea or vomiting, slow down the rate at which you drink the solution. Please attempt to drink all of the laxative solution even if it takes you longer. If vomiting persists, or you are not able to finish the preparation, stop the preparation and call your physician's office for further instructions.
- **What are some high fiber foods I should avoid?** Raw fruits and vegetables are typically high in fiber, as well as nuts, seeds, whole grain breads, beans and lentils.
- **If I eat popcorn or seeds 3 days before my procedure, do I need to reschedule?** You will not need to reschedule your procedure, however the seeds or nuts may cause a difficulty in screening and require a need for rescreening. If you have eaten a large amount of seeds or nuts, you may want to contact the nurse or physician.
- **Can I drink ALCOHOL on the liquid diet?** Alcohol is not allowed as part of the clear liquid diet.
- **Can I continue to be on the liquid diet after I begin consuming the laxatives?** Yes, we encourage you to continue the clear liquid diet until you are directed to discontinue anything by mouth, which is typically three (3) hours before the procedure.
- **Why do I have to wake up so early for the second dose, can't I take it all the night before?** A split prep has proven to be the most effective for a successful colonoscopy. It is essential that you follow the directions provided with your prep medications.
- **If I weigh under 100 pounds, do I need to take all of the prep?** The liquid amount is not weight dependent. It is important to finish the prep for a successful colonoscopy.
- **Can I take a taxi or walk home from my procedure?** No, you will only be released from the hospital with a responsible friend or family member.