

Colonoscopy Procedure Patient Instructions

CARE AFTER YOUR COLONOSCOPY

HOME CARE INSTRUCTIONS

ACTIVITY:

- You may resume your regular activity, but move at a slower pace for the next 24 hours. Take frequent rest periods.
- Walking will help get rid of the air and reduce the bloated feeling in your belly (abdomen).
- No driving the day of procedure due to sedation.
- Do not sign any legal documents for 24 hours.

NUTRITION

- Drink plenty of fluids.
- Begin with a light meal and progress to your normal diet. Heavy or fried foods are harder to digest and may make you feel sick to your stomach (*nauseated*).
- Avoid alcoholic beverages the day of procedure.

MEDICATIONS

- You may resume your normal medications unless your doctor tells you otherwise.

- ▶ Facts
- ▶ How to prepare
- ▶ What to expect

There's So Much To Do Here. Stay Healthy For It.



Procedure Appointment Date: _____

at Lake Region Healthcare **Same Day Surgery.**

Physician: _____

Please register at the registration desk in Same Day Surgery (2nd Floor of Clinic Services).

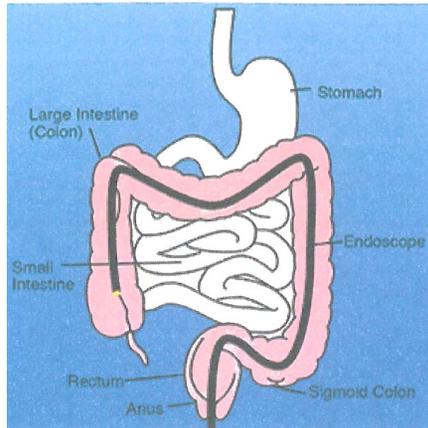
You will be called on the day before your procedure between the hours of 9am - 5pm with the time to arrive at Same Day Surgery in Clinic Services.

If you have questions or concerns about your procedure or the information provided, please call 218.736.8049 between the hours of 9:00 a.m. and 5:00 p.m. Monday through Friday or after hours ask for the Hospital Supervisor at 218.736.8000.

If you need to cancel the procedure for any reason, please call the Clinic Surgery Department at 218.739.6870, preferably 48 hours prior to the above date.

Colonoscopy

A colonoscopy is an exam to evaluate your entire colon. In this exam, your colon is cleansed. A long fiberoptic tube is inserted through your rectum and into your colon. The fiberoptic scope (endoscope) is a long bundle of enclosed and very flexible fibers. These fibers transmit light to the area examined and send images from that area to your caregiver. Discomfort is usually minimal. You may be given a drug to help you sleep (sedative) during or prior to the procedure. This exam helps to detect lumps (tumors), polyps, inflammation, and areas of bleeding. Your caregiver may also take a small piece of tissue (biopsy) that will be examined under a microscope.



ON THE DAY OF THE PROCEDURE

- DO NOT EAT OR DRINK. No smoking, chewing gum, or hard candy.
- You may brush your teeth.
- **If you have a CPAP machine, please bring it with you.**
- If you take heart, blood pressure, or seizure medications, you may take them the morning of the procedure with a very small amount of water. This means NO MORE than a few SMALL sips of water. **You should use** your regularly scheduled inhalers or nebulized medications before coming for your procedure.
- An IV will be placed in your arm to be able to give you sedation during the procedure.
- Due to medications you will receive, you may not work, drive, operate machinery or drink alcohol for the rest of the day.

You must have a responsible person to accompany you home. **If you do not, your procedure will be cancelled.** Please be sure to arrange transportation prior to the date of your procedure. Also, it is not acceptable to use a taxi or bus unless a responsible person is along. Provide a telephone number if necessary to call driver.

If you have any questions regarding the procedure or the preparation before the procedure, please call us at **218.736.8049** and a nurse will be happy to provide you with assistance. The best time to reach us is between the hours of 9:00 a.m. and 5:00 p.m., Monday - Friday. This pamphlet along with *Frequently Asked Questions* is available under **Patient & Visitors** on our website at www.lrhc.org.

ONE DAY PRIOR TO THE PROCEDURE

CLEAR LIQUID DIET IDEAS: Only the liquids listed below are allowed the day before your colonoscopy. ANY LIQUID YOU CAN SEE THROUGH, IS NOT RED OR PURPLE, AND HAS NO PULP IS ACCEPTABLE.

- ▶ Soups: Clear bouillon, broth or consommé.
- ▶ Beverages: Water, tea, coffee, decaffeinated tea/coffee, Kool-Aid (not red or purple), carbonated beverages including cola drinks, sports drinks.
- ▶ DO NOT put any milk or cream in the tea or coffee.
- ▶ Juices: White cranberry, apple, and white grape juice, strained lemonade, limeade or orange drink.
- ▶ Dessert: Water ices, Italian ices, popsicles, Jell-O (except red or purple). No sherbets or fruit bars.

- STAY CLOSE TO BATHROOM FACILITIES
- DO NOT EAT OR DRINK AFTER MIDNIGHT

- Nausea, cramping and bloating are common side effects of doing the preparation. This is usually temporary. If you experience nausea or vomiting, rinse your mouth with water. Take a 15 to 30 minute break, and then continue drinking the MiraLAX/Gatorade solution more slowly.
- Your stool will be watery in consistency. It doesn't have to be clear in color like water since digestive juices will continue to tint the stool yellow. Weakness may also occur, especially if you have not taken enough fluid with the preparation, and can be remedied by increasing your fluid intake.

Refer to www.Irhc.org for commonly asked colonoscopy questions (use the search function).

PRIOR TO PROCEDURE

Let Your Provider Know About:

- Allergies to food or medicine.
- Medicines taken, including vitamins, herbs, eyedrops, over-the-counter medicines and creams.
- Previous problems with anesthetics or numbing medicines.
- History of bleeding problems or blood clots.
- Previous surgery.
- Other health problems including diabetes and kidney problems.
- Possibility of pregnancy, if this applies.

SPECIAL MEDICATION INSTRUCTIONS:

- If you have had any heart procedures of any kind done in the past 12 months, please contact us for further instructions.
- If you are on **Blood Thinner** medications (such as Coumadin, Plavix, Aggrenox, Xarelto, Eliquis, Pradaxa, Lovenox); you will need to contact your prescribing physician for instructions. These medications may need to be discontinued a few days prior to your procedure.
- You do not need to stop aspirin or any NSAIDS (such as Motrin, Ibuprofen, Naproxen, Advil or Aleve).

SPECIAL MEDICATION INSTRUCTIONS continued:

■ DIABETIC PATIENTS

Please call your prescribing physician to adjust dosages of your insulin or oral medications for both the clear liquid diet day and fasting time before the procedure. Typically, we recommend that you do not take your diabetic medication or insulin the day of your procedure.

Check your blood sugar level frequently while taking the preparation solution and the morning of your procedure. To prevent low blood sugar during the clear liquid day preparation, it is important to drink protein. A good source of protein is clear chicken or beef broth. Keep glucose tablets (available over-the-counter in the diabetic supplies at any pharmacy) on hand for sudden drops of blood sugar during both clear liquid and fasting times.

FIVE DAYS PRIOR TO PROCEDURE

Please purchase this list of over-the-counter items to prepare for your colonoscopy.

- **Four (4)** Dulcolax (Bisacodyl) laxative 5 mg tablets
- MiraLAX 238 gram bottle (or generic equivalent)
- 64 oz of Gatorade (not red or purple & do not use sugar free)
- Optional: Aloe wipes, Desitin or A&D ointment to prevent a sore bottom.

FIVE DAYS PRIOR TO PROCEDURE

- Begin a low fiber diet. **DO NOT** eat nuts, seeds, corn, raisins, popcorn, raw vegetables or dried or fresh fruits.
- **Stop taking** iron pills, fiber, and all supplements.

TWO DAYS PRIOR TO PROCEDURE

- Take 2 Dulcolax (Bisacodyl) tablets in the evening or at bedtime.

ONE DAY PRIOR TO THE PROCEDURE

At 7:00 a.m.

Eat low residue breakfast consisting of 1 small slice of white bread toast with apple jelly, no butter or margarine and one poached or boiled egg.

At 8:00 a.m.

Start clear liquid diet. Try to drink 6 to 8 ounces of clear liquids every hour. (See next page)

At 9:00 a.m.

- ▶ Take 2 Dulcolax (Bisacodyl) tablets.

At 12:00 Noon

- ▶ Mix the 238 gram bottle of MiraLAX in 64 oz. of Gatorade.
- ▶ Shake the solution until the MiraLAX is dissolved.
- ▶ Drink an 8 oz. glass every 30-45 minutes until the solution is gone.
- ▶ Continue drinking clear fluids until bedtime.