

NORTH SHORE GASTROENTEROLOGY ASSOCIATES, P.C.

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COLONOSCOPY INSTRUCTIONS

PATIENT: _____ DATE: _____

PLACE: 233 EAST SHORE RD., SUITE 101 ARRIVAL TIME: _____

You have been scheduled for a colonoscopy. This information sheet will inform you of how to best prepare for the procedure. If there are any questions remaining after reading these instructions, please call our office.

If you are unable to keep your appointment kindly give us at least 72 hours notice. We have a long waiting list of patients that urgently need procedures and must wait several weeks.

Please note: You must arrange to have someone accompany you for the procedure. You will not be allowed to drive home, and you may not drive for the rest of the day. On the day of the procedure, if you arrive without someone to take you home, your procedure will not be done.

You cannot go to work the day of the procedure. You must stay home and relax for the rest of the day!!! You must thoroughly read the instructions on the following pages. Depending on your medications, you may need to take certain precautions as much as a week in advance of the procedure!!! Please call our office with any questions.

WHAT IS A COLONOSCOPY?

A colonoscopy is a diagnostic procedure, which allows the doctor to visualize the lining of your large intestine (known as the colon). This is accomplished by using a colonoscope, which is a long, thin, flexible tube, with a light at the tip. The colonoscope may be used as a means of treatment as well. If a colonic polyp, an abnormal growth of colonic tissue is found, your physician may be able to remove the polyp through the instrument. In order to minimize any discomfort you might experience during the exam, you will receive an injection of medications. **(Please notify us of any allergies.)** The duration of the procedure varies, ranging from 20 minutes to one hour. You can expect to be in the office for 1 ½ hours.

WHAT TO EXPECT DURING THE PROCEDURE?

The procedure is usually well tolerated and rarely causes pain. There may be some discomfort during the colonoscopy, but it is usually mild. In rare cases, passage of the colonoscope through the entire colon cannot be achieved. A limited examination may be sufficient if the area of suspected abnormality is well visualized.

WHAT TO EXPECT AFTER THE PROCEDURE?

You might be sleepy for one to two hours after the procedure due to medications you will receive at the time of the procedure. You may expel some gas as air, which is instilled into the colon during the colonoscopy, for adequate visualization. You may experience some abdominal bloating and distention for several hours after the colonoscopy. If a polyp is removed, further instructions will be given to you after the procedure is finished. You will be able to resume your diet after the colonoscopy, unless you are instructed otherwise.

For the doctor to perform the test accurately, your colon must be thoroughly cleansed. In order to accomplish this task, the following instructions must be followed. Please feel free to call our office if you have any questions.

AT LEAST A WEEK PRIOR TO YOUR PROCEDURE:

- Arrange for someone to drive you home from your procedure. **YOU WILL NOT BE ALLOWED TO DRIVE HOME OR TAKE A TAXI WITHOUT AN ADULT (OTHER THAN THE TAXI DRIVER) TO ACCOMPANY YOU.** On the day of the procedure, if you arrive without someone to take you home, your procedure **WILL NOT** be done.
- Arrange to take the day of the procedure off from work. You cannot go to work; you are to stay at home the remainder of the day after the procedure and relax. You may not **DRIVE FOR THE REST OF THE DAY!**
- **If you take any blood thinners such as coumadin, plavix or aspirin on a daily basis,** you must notify the Doctor *immediately*. These medications **may** need to be discontinued prior to your colonoscopy.
- **If you OCCASIONALLY take aspirin or an aspirin product (Advil, Motrin, Aleve),** they **MUST** be stopped for the 5 days prior to the procedure.
- **Stop any vitamins containing iron and/or iron supplements one week prior to the colonoscopy.**
- **Purchase your prep!**

BEGINNING MIDNIGHT THE DAY BEFORE YOUR PROCEDURE: (If your procedure is on a Tuesday, this would mean midnight SUNDAY night which is actually the start of Monday!)

- **Do not apply any lotion** to your chest, arms or legs.
- **NO SOLID FOOD, NO ALCOHOL. You must be on a CLEAR LIQUID DIET for the entire day before your procedure. THE FOLLOWING ALSO APPLIES:**

| | |
|---------------------------------|---|
| NO SOLID FOODS | NO COFFEE OR TEA (not even decaf!) |
| NO LEMONADE | NO GUM |
| NO MILK OR MILK PRODUCTS | |

- **YOU MAY HAVE ONLY THE FOLLOWING:**

| | | |
|-------------------------------|----------------------------|-------------------------------|
| Water | Seltzer | Apple Juice |
| White Grape Juice | Sprite | Ginger Ale |
| Bouillon or Clear Broth | Gatorade (NO RED) | Italian Ice (NO RED) |
| Plain Jello (NO RED) | | |

There are no exceptions, patients may eat and drink ONLY WHAT IS ON THIS LIST!!

- **BEGIN YOUR PREP AS DIRECTED ON THE NEXT PAGE**

TRILYTE PREP FOR COLONOSCOPY

Please read instructions carefully

Pick up from the pharmacy:

1. TriLyte prescription
2. Four (4) Gas-X or Mylanta Gas tablets (over the counter/no prescription needed)

THE DAY BEFORE THE PROCEDURE:

Remember: Do not apply any lotion to your chest, arms or legs!

1. **NO SOLID FOOD OR ALCOHOL.** Remain on a clear liquid diet the entire day. Refer to the list on the previous page.
2. Drink an extra 8 ounces of clear liquid every hour from 11am to 5pm.
3. Early in the morning, mix the TriLyte solution as directed on the bottle and refrigerate.
4. **At 6pm:** Drink 8 ounces of the TriLyte solution every 10 minutes until about ½ of the solution is consumed. *Rapidly drinking a glass will do a better job than sipping an ounce or two at a time.* Place the remainder of the solution in the refrigerator.
5. **At 9PM:** Take 2 gas tablets with 8 ounces of clear liquids (Gas-X or Mylanta Gas).
6. **At 10pm:** Take another 2 gas tablets with 8 ounces clear liquids.
7. You are encouraged to continue to drink clear liquids until you go to bed.
8. You may apply a petroleum based product or diaper rash ointment to the rectal area if you experience discomfort from frequent bowel movements.
9. Confirm that you have a driver for your procedure.

THE DAY OF THE PROCEDURE:

1. **You should take your blood pressure and heart medications early in the morning with a small sip of water.** If you must take other medication on the day of the procedure, please call our office.
2. **AT LEAST 5 HOURS BEFORE LEAVING THE HOUSE FOR YOUR PROCEDURE,** drink 8 ounces of the remaining TriLyte solution every 10 minutes until the solution is gone. This means if your procedure is scheduled early in the morning, you must get up in the middle of the night to take this dose of the preparation. The correct timing of this dose is essential for an effective prep.
3. **HAVE NOTHING ELSE TO EAT OR DRINK BEFORE THE COLONOSCOPY, NOT EVEN WATER.**
4. If the solution has not been effective in producing clear liquid bowel movements, take a tap water enema before leaving your house the day of the procedure.

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DEAR PATIENT:

PLEASE BE INFORMED THAT THE ANESTHESIOLOGIST THAT WILL BE ADMINISTERING YOUR ANESTHESIA IS AN OUT OF NETWORK PROVIDER. ANY DEDUCTIBLES OR CO-INSURANCE IS THE RESPONSIBILITY OF THE PATIENT.

OUR ANESTHESIA BILLING OFFICE APPEALS EVERY CLAIM ON YOUR BEHALF. USUALLY WE ARE PAID IN FULL WITH NO OUT OF POCKET COST TO THE PATIENT. IF FOR ANY REASON YOUR INSURANCE COMPANY DOES NOT PAY AND YOU ARE BILLED FOR THE BALANCE, AND YOU HAVE ANY FINANCIAL CONCERNS, PLEASE CONTACT OUR BILLING OFFICE.

CORDIALLY,

NORTH SHORE GASTROENTEROLOGY