

Colonoscopy Procedure Instruction Booklet



**115 Vivian Street
PO Box I
Park River, ND 58270**

701-284-7500

This pamphlet has been written to help you prepare for your colonoscopy. Please read it carefully. If you have any further questions, please call your provider or nurse at:

- First Care Rural Health Clinic**
701-284-7555
- Surgical Services**
701-284-4562
- First Care Health Center**
701-284-7500

Thank you for your support of our facility, and allowing First Care Health Center staff to meet your health care needs

Additional instructions:

Rev. 12/9/24

You have been scheduled to have a colonoscopy on:

Date: _____

Time: **Our staff will call you 1-2 days prior to your procedure with the time**

Provider: _____

Location: **First Care Health Center, Park River, ND**

This pamphlet has been written to help you prepare for your procedure. Please read it carefully.

Colonoscopy

A colonoscopy is an examination of the lining of the colon or large intestine. A long flexible tube is passed through the rectum and into the colon allowing the doctor to see directly inside your lower digestive tract. A colonoscopy is commonly used to screen for cancer and diagnose other medical conditions of the colon.

Your Responsibilities prior to your colonoscopy.

1. **Physical exam:** You will need to have a physical exam/pre-op exam within 30 days before your colonoscopy. Please call and make an appointment with your primary care physician if you have not had this exam.
2. **Preauthorization:** Some insurance companies require preauthorization prior to this procedure. You should contact your insurance provider if you have any questions concerning your insurance. The phone number is on your insurance card.
3. **Risks and benefits:** Prior to scheduling, discuss the risks and benefits of this recommended procedure with your primary care physician.
4. **Medication:** You may need to stop some of your medications several days prior to your colonoscopy.
5. **Colon cleansing prep:** Starting 2 days prior to your colonoscopy, you will need to start your prep. (Refer to the Colonoscopy Prep section.)
6. **Pregnancy test:** If you are female, 60 years old or younger and have not had a hysterectomy, you will be asked to give a urine sample for a pregnancy test. You will need to come in for the lab test 1-2 days prior to your procedure. If your procedure is on Tuesday, you will have to have a test on Monday. If your procedure is on Wednesday, you will have to test on either Monday or Tuesday. The nurse will call you with the results prior to your procedure. Medications used for sedation during this procedure can be harmful to the fetus. **If you refuse this test, your procedure will be cancelled.**

Anticoagulants (blood thinners)

Stop 1 – 4 days before your procedure: Talk with your provider to confirm when to stop these medications.

Aggrenox, Eliquis, Xarelto

Stop 2 days before your procedure:

Pletal

Stop 5 days before your procedure:

Coumadin/Warfarin, Pradaxa, Brilinta

Notify your primary care provider so they are aware that you will be holding Coumadin/Warfarin, Pradaxa, or Brilinta per provider's orders.

If your primary care provider feels that you need this medication, please have your primary care provider call the Surgical Dept.

Stop 7 days before your procedure:

Plavix, Effient

Stop 10 days before your procedure:

Aspirin

Stop 14 days before your procedure:

Ticlid

Other Medications

Iron: Hold 3 days prior to prep or any other constipating medication

Metamucil: Hold 3 days prior to procedure

Colestid: Hold 3 days prior to procedure

Viberzi: Hold 1-2 days prior to the procedure

Imodium and Lomotil: Hold 1 day prior to the prep day for your procedure

Day of your procedure

Date: _____

- Do not eat or drink anything
- Take only your blood pressure, heart medication or seizure medications with a sip of water. Please bring any asthma inhalers with you
- Chew and swallow 4 Simethicone tablets prior to coming for your procedure
- If you do not feel well and/or have a fever, please call your doctor so he/she can decide if it is safe to continue with your procedure

Medications for Colonoscopy

These are the standard orders for specific medications that the provider has ordered to be held pre-procedure. You will get orders the day of the procedure when to restart these meds.

Diabetic / Weight Loss Medications

Patient should not take day of prep or day of procedure:

Oral diabetic medications

Insulin

½ the dose the day before procedure, no insulin the day of the procedure, hold until after the exam.

Hold for 5 days prior to procedure prep day:

Metformin or any medication that contains metformin.
Avandamet, Glucophage, Metaglip (Glipizide/Metformin),
Glucovance (Glyburide/Metformin), Janumet, Glumetza, Fortamet,
Xigduo, Actoplus

Please increase your water intake for those 5 days to clear this medication from your system.

Hold 14 days before your procedure:

Any GLP-1 diabetic medications for weight loss, such as Ozempic, Wegovy, Semaglutide, Mounjaro, Trulicity, Zepbound, etc.

Risks or complications

It is your right to be informed of the risks and/or possible complications before your colonoscopy.

Risks and complications may include:

- Perforation or tear in the colon wall which would require surgery
- Bleeding at the site of biopsy or removal of a polyp; this is usually minor and stops on its own, or can be controlled through the scope
- Reactions to the medications used
- Localized irritation of the vein where the IV was started and medications were given for sedation. This may last for several days, but will go away. Applying moist hot towels will help relieve any discomfort

Although complications are rare, it is important for you to recognize signs of any possible complications. Contact the facility where your colonoscopy was performed, your primary care physician, or the nearest emergency room, if you notice any of the following after your procedure:

- Severe abdominal pain
- Shortness of breath
- Fever, chills
- Rectal bleeding of more than ½ cup. (It is not abnormal for some bleeding to occur for up to 2 weeks after a polyp is removed.)

How to plan for your colonoscopy

A colonoscopy is performed on an outpatient basis; this means that you will go home the same day of your procedure. Due to sedation medication used for the procedure, we require that you have someone available to give you a ride home. **If you do not have a driver, your procedure may be rescheduled.** It is also advised that you do not work or drive a car or heavy machinery and that you have a responsible adult with you for the rest of the day. **Plan to be at our facility for 4-8 hours on the day of your procedure.** You will be more comfortable wearing loose-fitting clothing and please leave all your valuables and jewelry at home. Please follow the colon prep according to the instructions given to you.

The day of your colonoscopy

Your time of arrival will be given to you during the pre-call by the nurse 1-2 days prior to your procedure. Your arrival time may also be seen on MyChart. **Note: This time may be changed.** We will ask for the name and contact information of your driver at this time. **Again, if you do not have a driver, your procedure may be rescheduled.**

The procedure

- You will be asked to change into a hospital gown.
- The nurse will ask you several medical questions.
- An IV will be inserted so fluids and medications can be given throughout the procedure.
- During the procedure, you will be asked to lie on your left side.
- The doctor will insert the scope into your rectum and gently guide the scope to examine your colon.
- Air will be inserted to inflate the colon as the scope is inserted. This may cause cramps, bloating, gas, or the urge to have a bowel movement.
- If during the procedure, any inflammation, irregularity, or growth is discovered, the doctor may remove or take biopsies. You shouldn't feel any discomfort from this.

After the procedure

- A nurse will monitor your vital signs and give you something to eat and drink.
- You will be asked to expel any air from your colon—pass gas. **It is important that you do not “hold it” as it can cause painful cramps.**
- We will have you rest until your vital signs are stable and you feel well enough to go home. This is about 1 hour.
- Both you and your driver will be given your discharge instructions.
- If anything was removed during the procedure, your results will be discussed with you at either a follow up appointment or a phone call.

Miralax (Polyethylene glycol 3350)/dulcolax prep

You will need to pick up the following at the drug store; you do not need a prescription.

- 4 Dulcolax (bisacodyl) tablets
- Simethicone (Gas-X, gas relief) tablets - You will need to pick up 8 tablets to equal approximately 400 mg
- 1 bottle of Miralax (Polyethylene glycol 3350) powder (238 grams)
- 64 ounces of Gatorade or Powerade (no purple or red)

Procedure Date: _____

1 Week Before Your Procedure — Follow a low fiber diet

You should not eat:

- Corn • Potatoes with skin • Tomatoes • Cucumbers • Onions
- Cooked cabbage and Brussel sprouts • Green peas • Squash
- Lima bean • Fruits with skin or seeds

2 days before your procedure

Date: _____

- You may eat as normal.
- Drink a minimum of 8 glasses of water throughout the day
- Take 2 Dulcolax tablets at 6pm

1 day before your procedure

Date: _____

- Clear liquid diet all day
 - ◊ Water, broth, tea, coffee, Jell-O, fruit juice, soda pop, popsicles. **NO RED OR PURPLE PRODUCTS**
- Mix 238 grams of the Miralax (Polyethylene glycol 3350) with 64oz of Gatorade or Powerade.
- Beginning at 6pm, drink one 8oz glass every 15 minutes until it is gone.
- Chew and swallow 4 Simethicone tablets while you are drinking the Miralax
- After you drink all the Miralax (Polyethylene glycol 3350), take the remaining 2 Dulcolax tablets
- **Do not take anything else by mouth after midnight!**