



# The Colonoscopy Experience, Step-By-Step

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## 1. Preparing for your colonoscopy:

Plan for the prep time: Plan for a few hours the evening before and morning of your procedure to drink the prep and evacuate your bowels. Plan to be in a personal space, close to a bathroom. Diarrhea and urgency will usually begin 15 minutes to 4 hours after you begin your prep.

- Take the day off: It is recommended that you take the day off work on the day of your procedure. You should not make any important decisions for the rest of the day following the procedure. You should not drive for the rest of the day.
- Pick up your prep at least three to five days before your procedure.

## Colon cleansing tips:

1. Stay near a toilet! You will have diarrhea, which can be quite sudden. This is normal.
2. Try drinking the solution with a straw. It may be easier to tolerate.
3. Rarely, people may have nausea or vomiting with the prep. If this occurs, give yourself a 30 -minute break, rinse your mouth or brush your teeth, then continue drinking the prep solution.
4. You may have bowel cramps until the stool has flushed from your colon (this may take 2 to 4 hours and sometimes much longer).

## 2. Billing:

- Please note that screening colonoscopies are often not subject to deductibles, co-pays or co-insurance. We will always try to bill a screening colonoscopy as a screening colonoscopy.
- However, if a polyp needs to be removed or biopsies need to be done during the colonoscopy, then by law we are obligated to use the code for “colonoscopy with polypectomy” or “colonoscopy with biopsy.” In such cases, deductibles, co-pays and co-insurance may apply. Please consult with your insurance company for details.

## You must have a driver with you at the procedure:

- You must have a driver who is 18 years or older present at check in and discharge. If you do not have a driver with you at check in we will reschedule your appointment.
- Your entire procedure may take 3 to 4 hours to complete. Please tell your driver that they must remain at the colonoscopy appointment during your entire visit.
- **Please leave all jewelry and personal items at home.** If you bring jewelry to your appointment, we may have to ask you to remove it.
- **Please do not wear contact lenses.**

### **3. Before your procedure:**

You will be informed of the procedure risks and sign a consent form. You will go over your health history and medications upon admissions. You will put on a hospital gown and an IV will be placed in your arm for fluids and medication. If you have had trouble with IV placement please arrive an additional 15 minutes early.

### **4. During your procedure:**

You will be placed on your left side. You will be given medication through your IV to help you relax and make you more comfortable and drowsy. The doctor will insert the scope into your rectum to look at the lining of your rectum and colon. Air will be inserted into your colon to allow the doctor to better visualize the lining of your large intestine. Your body will want to expel the air, do not try to hold in the air as this may cause discomfort. Feel free to expel as much air as possible. You may feel mild cramping during the procedure. If it becomes worse you will be able to tell the doctor and more medication can be given. Most patients do not remember part or all of the procedure due to the medications. The procedure lasts approximately 30 - 60 minutes. You will then be taken to the recovery area.

### **5. After your procedure:**

You will remain in the recovery area until you are ready for discharge (usually after 30 minutes). You may feel bloating or mild abdominal cramping. Expelling air in your colon will help you feel more comfortable. You will be discharged when you are alert and stable. The doctor or nurse will speak to you about your plan of care. Remember you must have an escort to drive or accompany you home. You may return to work the morning after your colonoscopy (Not the evening of the colonoscopy).

Anal skin irritation or a flare of hemorrhoid inflammation may occur. If this happens, treat it with over-the-counter-remedies, such as hydrocortisone cream, baby wipes, Vaseline®, or TUCKS® pads. Avoid products containing alcohol. If you have a prescription for hemorrhoid cream, you may use it. Do not use suppositories.

# LOW FIBER DIET

| Food Group                          | OK to Eat  | Do NOT Eat  |
|-------------------------------------|--|---|
| <b>Milk &amp; Dairy Products</b>    | <ul style="list-style-type: none"> <li>Milk, cream, chocolate milk, hot chocolate, milk-based drinks</li> <li>Cheese, cottage cheese</li> <li>Broth</li> <li>Yogurt, sour cream</li> <li>Custard or pudding</li> <li>Ice cream or frozen desserts</li> <li>Cream sauces</li> <li>Soups without seeds or beans</li> </ul> | <ul style="list-style-type: none"> <li>Yogurt with granola, seeds, nuts or fruit with skin on them</li> </ul>   |
| <b>Breads &amp; Grains</b>          | <ul style="list-style-type: none"> <li>Breads and grains made from refined or white flour including rolls, bagels, muffins (no bran), English muffins</li> <li>Cheerios, Rice Krispies</li> <li>Corn Flakes</li> <li>Crackers</li> <li>Pasta</li> <li>Cream of Wheat</li> </ul>  | <ul style="list-style-type: none"> <li>Whole wheat or grains with seeds including: rolls, bagels, muffins, English muffins</li> <li>Oatmeal</li> <li>Raisin Bran, All Bran</li> <li>Wheaties</li> <li>Granola</li> <li>Popcorn</li> <li>Brown rice, wild rice</li> </ul>                          |
| <b>Meat, Fish, Poultry, Protein</b> | <ul style="list-style-type: none"> <li>Tender beef</li> <li>Ground beef</li> <li>Chicken</li> <li>Pork</li> <li>Eggs</li> <li>Fish and shellfish</li> <li>Creamy peanut butter</li> <li>Lamb</li> <li>Tofu</li> </ul>  | <ul style="list-style-type: none"> <li>Tough meat with gristle</li> <li>Chunky peanut butter</li> <li>All beans, nuts, peas, lentils, legumes</li> </ul>  |
| <b>Fruit</b>                        | <ul style="list-style-type: none"> <li>Soft canned or cooked fruit without seeds or skins</li> <li>Soft melon</li> <li>Fruit juice without pulp</li> <li>Fruit jellies without pulp</li> </ul>   | <ul style="list-style-type: none"> <li>All other raw fruits</li> <li>All dried fruits</li> <li>Fruit juice with pulp</li> <li>Prune juice</li> <li>Prunes</li> <li>Bananas</li> </ul>   |
| <b>Vegetables &amp; Potatoes</b>    | <ul style="list-style-type: none"> <li>Potatoes without skin</li> <li>Vegetable juice without pulp</li> </ul>  | <ul style="list-style-type: none"> <li>All raw or steamed vegetables</li> <li>Beans, peas</li> <li>Potatoes with skin</li> <li>Brussels sprouts</li> <li><b>Corn (!)</b></li> <li>Broccoli</li> <li>Cauliflower</li> <li>Cabbage, onion</li> <li>Sauerkraut</li> <li>Greens or lettuce</li> </ul> |
| <b>Fats &amp; Oils</b>              | <ul style="list-style-type: none"> <li>Butter</li> <li>Salad dressings without seeds or nuts</li> <li>Margarine</li> <li>Oil</li> <li>Mayonnaise</li> </ul>  | <ul style="list-style-type: none"> <li><b>Nuts (!)</b></li> <li><b>Seeds (!)</b></li> <li>Coconut</li> <li>Salad dressing with nuts or seeds</li> </ul>   |
| <b>Miscellaneous</b>                | <ul style="list-style-type: none"> <li>Sugar</li> <li>Salt</li> <li>Jelly</li> <li>Honey</li> <li>Syrup</li> <li>Lemon Juice</li> </ul>  | <ul style="list-style-type: none"> <li>Jam</li> <li>Marmalade</li> <li>Relishes</li> <li>Pickles</li> <li>Olives</li> </ul>   |

**Why do I need to eat a low fiber diet?** It is very important to begin a low fiber diet 4 days before your colonoscopy. Fiber is indigestible and stays inside the colon, making the colonoscopy less accurate.

# CLEAR LIQUID DIET

It is especially important to avoid clear liquids with red or purple dyes.

| OK to Eat  | Do NOT Eat   |
|--|--|
| <ul style="list-style-type: none"> <li>• Water</li> <li>• Flavored Waters (without red or purple dyes)</li> <li>• Clear Broths (chicken, beef, or vegetable broth)</li> <li>• Juices (without pulp and without red or purple dyes)                             <ul style="list-style-type: none"> <li>• Apple</li> <li>• White Grape</li> <li>• Lemonade without pulp</li> </ul> </li> <li>• Sodas</li> <li>• Gatorade</li> <li>• Tea (with sugar OK)</li> <li>• Coffee (black with sugar OK)</li> <li>• Gelatin i.e. Jello (without fruit; no red or purple dyes)</li> <li>• Popsicles (without fruit or cream; no red or purple dyes)</li> <li>• Italian Ices (without red or purple dyes)</li> <li>• Coconut water</li> </ul> | <ul style="list-style-type: none"> <li>• Milk (no cow, soy, almond, rice, hemp milk)</li> <li>• Cream</li> <li>• Milkshakes</li> <li>• Ice cream</li> <li>• Smoothies</li> <li>• Orange Juice</li> <li>• Grapefruit Juice</li> <li>• Tomato Juice</li> <li>• Soups other than clear broth</li> </ul> |

## Why do I need to follow a clear liquid diet?

A clear liquid diet is necessary during colonoscopy preparation to provide needed fluids. Clear liquids are easy to digest and leave little or no residue in the digestive tract. Clear liquids are liquids that you can see through. For example, coffee is a clear liquid, but coffee with cream or milk is not. You will be starting your clear liquid diet the day before your exam.

## PRE-COLONOSCOPY ORDERS FOR DIABETIC PATIENTS

### Diabetics on dietary control only:

- No changes in usual prep.
- FSBS to be checked on arrival.

### Diabetics on oral hypoglycemic agents:

- Take usual diabetic medicine the morning of the prep, then no diabetic medicines until after the colonoscopy.
- FSBS to be checked on arrival.

### Diabetics on Insulin:

- Take one half of usual insulin dose the day before the exam. Do not take insulin the morning of the colonoscopy.
- FSBS to be checked on arrival.

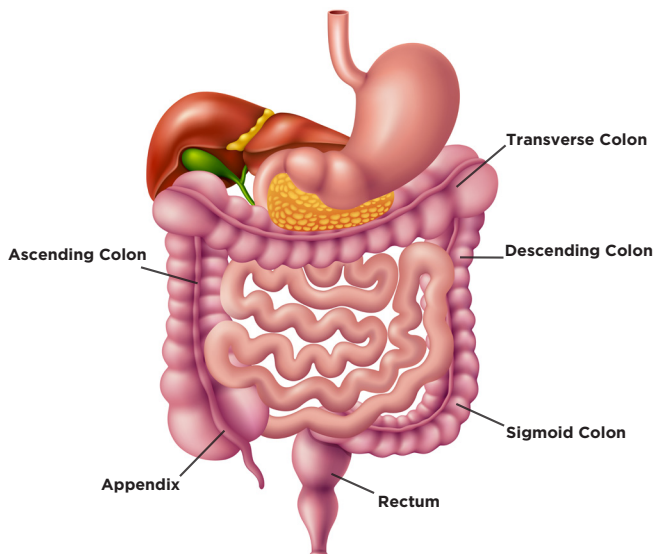


# Colonoscopy Overview and Additional Procedure Information

## Please Read Prior to the Procedure

### What is a Colonoscopy?

A colonoscopy is an outpatient procedure in which the inside of the large intestine (colon and rectum) is examined. A colonoscopy is commonly used to evaluate gastrointestinal symptoms, such as rectal and intestinal bleeding, abdominal pain, or changes in bowel habits. Colonoscopies are also performed in individuals without symptoms to check for colorectal polyps or cancer. A screening colonoscopy is recommended for anyone 50 years of age and older, and for anyone with parents, siblings or children with a history of colorectal cancer or polyps.



### What Happens Before a Colonoscopy?

To complete a successful colonoscopy, the bowel must be clean so that the physician can clearly view the colon. **It is very important that you read and follow all of the instructions given to you for your bowel preparation well in advance of the procedure.** Without proper preparation, the colonoscopy will not be successful and the test may have to be repeated.

If you feel nauseated or vomit while taking the bowel preparation, wait 30 minutes before drinking more fluid and start with small sips of solution. Some activity (such as walking) or a few soda crackers may help decrease the nausea you are feeling. If the nausea persists, please contact your health care provider.

You may experience skin irritation around the anus due to the passage of liquid stools. In order to prevent and treat skin irritation, you should:

- Apply Vaseline or Desitin ointment to the skin around the anus before drinking the bowel preparation medications; these products can be purchased at any drug store.
- Wipe the skin after each bowel movement with disposable wet wipes instead of toilet paper. These are found in the toilet paper area of the store.
- Sit in a bathtub filled with warm water for 10 to 15 minutes after you finish passing a stool; after soaking, blot the skin dry with a soft cloth, apply Vaseline or Desitin ointment to the anal area, and place a cotton ball just outside your anus to absorb leaking fluid.

### What Happens During a Colonoscopy?

During a colonoscopy, an experienced physician uses a colonoscope (a long, flexible instrument about 1/2 inch in diameter) to view the lining of the colon. The colonoscope is inserted into the rectum and advanced through the large intestine. If necessary during a colonoscopy, small amounts of tissue can be removed for analysis (a biopsy) and polyps can be identified and entirely removed. In many cases, a colonoscopy allows accurate diagnosis and treatment of colorectal problems without the need for a major operation.

# Frequently Asked Questions

## Which medications should I stop taking before my procedure?

- Let your doctor know what medication you're taking. You may need to stop taking certain medications before your procedure.
- Ask your doctor if it's safe to stop the blood thinner clopidogrel (Plavix) and aspirin / dipyridamole (Aggrenox) 7 days before your procedure.
- Ask your doctor if it's safe to stop taking blood thinners such as warfarin (Coumadin) 5 days before your procedure, and dabigatran (Pradaxa) 2 days before your procedure.
- Ask your doctor when to stop taking the anticoagulants rivaroxaban (Xarelto), apixaban (Eliquis), or edoxaban (Savaysa).
- Stop taking vitamins, oral iron, and herbal supplements 7 days before your procedure.
- Don't take your diuretics (water pills) **the day before or the morning of your procedure.**

## Which medications am I allowed to take?

- Continue to take your blood pressure medications, such as atenolol, metoprolol, carvedilol, or lisinopril.
- Contact your doctor if you have any questions about your medications.

## What exactly can I drink during the day when I'm only taking "clear liquids"?

- You may have water, tea (without cream or milk), Gatorade, apple juice, Sprite, 7-Up, ginger ale, or yellow or green Jell-O. Many people drink chicken, beef, or vegetable broth.
- Be sure none of the liquids are red, orange, or purple.

## What do I need to remember on the morning of my appointment?

- Be sure to follow the instructions about how to drink the Gavilyte/ Colyte exactly as provided.
- You may take your regular **allowed** medications on the morning of your appointment. Bring a list of all your current medications to your procedure.
- Please don't wear contact lenses or jewelry. Don't bring valuables with you.
- Don't apply lotion.
- Wear comfortable, loose fitting clothes, and flat shoes or sneakers.
- You must have a driver bring you and stay during the 2 to 3 hours of your procedure. Unfortunately, we'd need to reschedule your appointment if you don't have a driver.

# Additional Instructions for Patients with Diabetes

## Type 2 Diabetes

## Type 1 Diabetes

### Day before your procedure

Take 1/2 of the usual dose of your diabetes medications, including both insulin and oral medications, in the morning before your clear liquids.

Check your blood sugars at least twice: in the morning before beginning your clear liquids and at bedtime.

Contact your endocrinologist or diabetes care doctor.

### Day of your procedure

Don't take any oral diabetes medications, such as glipizide (Glucotrol) or pioglitazone (Actos). You may continue metformin (Glucophage). Check your blood sugar in the morning before arrival time.

If you take any long-acting insulin, take half the dose.

Don't take any short-acting insulin (Insulin Regular, Lispro) unless you're using a sliding scale. Check your blood sugar in the morning before your arrival time.