

## Colonoscopy Preparation

**THE DAY OF YOUR PROCEDURE:** \_\_\_\_\_

**Have someone accompany you to the facility and arrive at:** \_\_\_\_\_

- Advanced Surgery Center, 9420 Key West Avenue #104, Rockville, MD 20850, (301) 838-0437
- Shady Grove Adventist Hospital, 9901 Medical Center Drive, Rockville, MD 20850, (240) 826-6000
- Holy Cross Hospital, 1500 Forest Glen Road, Silver Spring, MD 20910, (301) 754-7000

Other: \_\_\_\_\_

To ensure that any and all abnormalities can be seen clearly during the procedure, the colon must be completely empty of waste material. Solid matter retained in the colon prolongs the colonoscopy and can reduce its effectiveness and decreases the diagnostic accuracy, making a repeat examination necessary. To avoid this, you will need to follow the pre-colonoscopy diet carefully and follow the preparation instructions. Diet is a very important part of the cleansing process. If you are pregnant, please notify the doctor immediately.

You will be given a prescription at your consultation appointment. Please take that prescription to the pharmacy to purchase your preparation a few days before your procedure. **You will also need to purchase at least 4 over-the-counter tablets of Ducolax (bisacodyl) and 2 bottles of Magnesium Citrate.**

**THE DAY BEFORE YOUR PROCEDURE:** \_\_\_\_\_

### The Day Before Your Procedure:

Please do not eat any solid food the day before your procedure. **Starting at 6:00am, you are only allowed to drink clear liquids.** This includes any liquid you can see through such as chicken, beef, or vegetable broth, tea, coffee, Gatorade, Popsicles (orange, yellow, green), Crystal Light, soda, and Jell-O (orange, yellow, green), but no dairy products. Make sure to drink plenty of fluids all day to help avoid dehydration. **Please note:** Avoid red and purple liquids.

You can continue your clear liquids throughout the day until 6 hours before your procedure time.

**At 12:00pm (Noon),** take 4 tablets of Ducolax with a glass of clear liquids

**At 2:00pm,** fill the Colyte bottle with lukewarm drinking water. Close the bottle and shake it to dissolve the powder. Immediately after, start drinking a glass of Colyte every 10-15 minutes until you have finished half of the gallon. Then place the gallon in the refrigerator until your next dose.

**At 5:00pm:** Drink 1 bottle of magnesium citrate.

**At 8:00pm:** Grab the Colyte from the refrigerator and continue drinking a glass of Colyte every 10-15 minutes until you have finished the rest of the gallon.

**At 11:00pm:** Drink the second bottle of magnesium citrate.

**\*\*You are allowed clear liquids until six hours before your scheduled procedure time. After that, do not take anything by mouth. You will have to wait until after your procedure to eat or drink anything from this point on because it is not safe to have a colonoscopy with sedation when your stomach contains food.**

**The day of your procedure:**

Due to the medication, you will not be able to drive home after a colonoscopy. An adult must accompany you and drive you home after the procedure. You are not allowed to take a taxi, bus, walk home, etc. If you do not have a ride, your procedure will have to be cancelled. Please do not plan to return to work the day the colonoscopy is performed.

**What about my medications?**

If you need to take any medication, you may do so the morning of your procedure with a small sip of water. However, if you are able to, you can wait until after your procedure to take your medications.

If you take any diabetic medications, please hold them the day before your procedure (while you are taking the preparation) and the morning of the procedure. Check your blood sugars often. If your blood sugar is below 80 or above 200, please call our office at 301-838-4224 and inform the doctor.

If you take blood thinners, such as **Coumadin (Warfarin), Plavix, Aggrenox, Aspirin, Pradaxa, or Advil** type medications, **please hold them for 7 days prior to your procedure.** You may take any other medications in the morning of your procedure with a small sip of water.

**During the colonoscopy:**

You will be given a sedative medication intravenously that relaxes and makes you sleepy. While lying on your side, the colonoscope is inserted into the rectum and gently advanced along the colon. The colonoscope is then slowly withdrawn while the colon is again carefully examined. If there is discomfort, it is very mild. You will likely fall asleep during the examination and may not, because of the medication, even remember having the test done.

**Recovery:**

After the colonoscopy, expect to be kept in the recovery room a short time, until most of the effects of the medication have worn off. Because you may not remember all the details explained during or after the procedure, please feel free to call the office if you have any questions. Resume taking your usual medications on their regular schedule unless otherwise instructed by the doctor. Your normal diet and activities also can be resumed unless otherwise instructed.

**Possible Complications:**

Colonoscopies are safe and very low in risk. Most colonoscopies are free from complications and the benefits of colonoscopy greatly outweigh the risk. However, like any other effective diagnostic or therapeutic procedure, complications can occur. Possible complications are perforation of the colon, heavy bleeding, infection, and aspiration. Persistent bleeding may require hospitalization and even surgery. There is also a 3-4% chance of missing small polyps and perforation is a 1% chance of 1000 cases. If you develop abdominal pain that is not gas related or excessive rectal bleeding (more than a spoonful and recurrent), the doctor should be contacted immediately.

**For Patients Scheduled at Advanced Surgery Center:**

Please fill out the highlighted areas of the packet that was given to you. The facility and anesthesiologist require health information not available in your record here at our office. If you need any assistance in filling out your paperwork, please call 301-838-4224 and a staff member will assist you in completing your forms.

**PLEASE NOTE:**

If you cancel or reschedule your procedure, a 48 hour notice is required or you may be subject to a \$100 fee.