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**Medical Hours:** Monday - Thursday 8:30 AM - 4:30 PM, Friday 8:30 AM - 12 Noon • [ElmsDigestive.com](http://ElmsDigestive.com)

### COLONOSCOPY

Your doctor has ordered a colonoscopy examination to assist in the diagnosis and management of your symptoms. A colonoscopy is a procedure where a lighted instrument called a colonoscope is passed through the large bowel or colon. A colonoscopy is needed to diagnose and manage several GI disorders including colon cancer, colon polyps, colitis, diverticulitis, hemorrhoids, rectal bleeding, and infection.

#### BEFORE YOUR PROCEDURE:

So that both your doctor and you can be fully prepared for your procedure, please follow the instructions accordingly.

- You must complete a bowel preparation in order to have an adequate colonoscopy. Your doctor will prescribe a **clear liquid diet for 24–48 hours prior** and your prescribed laxative, to thoroughly evacuate the colon.
- **ABSOLUTELY NO FOOD THE DAY BEFORE YOUR PROCEDURE AND SOMETIMES TWO DAYS PRIOR IF ORDERED BY YOUR DOCTOR.**
- **FOR YOUR SAFETY, YOU MUST STOP DRINKING ALL LIQUIDS 6 HOURS PRIOR TO YOUR PROCEDURE.**
- Heart, blood pressure, and seizure medications may be taken with a **small sip of water** the morning of your procedure.
- Hold all diabetic medication until after your test.
- Your regular respiratory inhalers should be used before arriving and please bring them with you.
- \_\_\_\_\_ Stop Coumadin/Plavix \_\_\_\_\_ days before the procedure.
- \_\_\_\_\_ Stop Aspirin, Advil, Motrin, Aleve, and Ibuprofen \_\_\_\_\_ days before procedure.

#### THE PROCEDURE:

Once you have registered, the nursing staff will start an IV line in your arm. Sedation will be administered. Once you are sedated, the procedure will begin. The exam is usually completed in 20–40 minutes or less with a 15 minute recovery period.

#### COMPLICATIONS:

Complications during the colonoscopy are rare. If a polyp is removed from the colon, bleeding can occur. Bloating after the colonoscopy is common due to the gas needed to inflate the colon. This gas usually passes within one hour. Finally, a very uncommon complication of a colonoscopy is a perforation or tear in the colon caused by the instrument. This happens about every 1 in 2000 cases. If this occurs, surgery is needed to repair the colon.

**POST PROCEDURE:**

The doctor will discuss the findings with your family. If needed, a follow-up visit with your doctor will be scheduled. Your results may be mailed to you or discussed at your next office visit.

**PLEASE REMEMBER:**

- Because you will be sedated, you will need a ride. Please limit your ride to one person. It is required that your ride stay in the waiting room during the entire procedure.
- You will receive a confirmation call two days prior to your procedure. If we are unable to reach you, it is **your responsibility** to call 797-6800 ext. 146(Suzie) or ext. 130(Stacey) to confirm. Your procedure may be cancelled if you do not confirm.
- **Please Note: You will be charged a \$75.00 fee if you no-show or have a non-emergency cancellation less than 48 hours prior to your procedure. This fee must be paid before you can be rescheduled.**