**Date:**

**Time:**

**Doctor:** Maria Lufrano, D.O.

**COLONOSCOPY INSTRUCTIONS**

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 the office. If you are unable to keep your appointment, please give us at least 72 hours’ notice.

**IMPORTANT NOTES:**

1. 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.
2. You cannot go to work the day of the procedure.
3. If you take any blood thinners such as Coumadin, Plavix, Effient, or Pradaxa on a daily basis you must notify the doctor immediately. These medications may need to be discontinued prior to your colonoscopy.
4. You must thoroughly read the instructions on the following pages.

**COLONOSCOPY INFORMATION:**

Colonoscopy is a diagnostic procedure that uses a thin flexible tube with a camera and a light to examine the lining of your large intestine (known as the colon). During the exam, you will be lying on your left side on a stretcher. An intravenous catheter will be placed in a vein in your arm. You will then be hooked up to monitoring equipment to measure your heart rate, blood pressure, and oxygen level of your blood. A plastic bite block will be placed in your mouth to protect your teeth. An anesthesiologist will administer medicine into your I.V. for sedation (please notify us of any allergies to medicines). Once you are asleep and comfortable, the colonoscope will be gently inserted into the rectum and carefully advanced through the colon. 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 rare cases, passage of the colonoscope through the entire colon cannot be achieved. The entire examination usually lasts from twenty minutes to one hour.

The **benefits** of the procedure include the ability to detect and remove colon polyps for colon cancer prevention, evaluate gastrointestinal and abdominal symptoms, obtain biopsies, and identify and treat sites of bleeding. Although colonoscopy is a safe procedure, complications can occur. The **risks** include, but are not limited to, bleeding which can occur after polyp removal or therapy and generally stops on its own, but on occasion may require blood transfusion, repeat colonoscopy, hospitalization and/or surgery; perforation, which is a puncture or tear in colon wall, which may require hospitalization, surgery, and/or may be a serious complication that can even cause death; reaction to sedation; missed polyps or lesions can occur because the test is not perfect.

**AFTER THE PROCEDURE:**  You may experience some abdominal bloating and distention for several hours after the colonoscopy secondary to air that was instilled in the colon for visualization purposes. You will be able to resume your regular diet after the colonoscopy, unless you are instructed otherwise.

**ONE WEEK PRIOR TO EXAM:**

* 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.
* Stop any vitamins containing iron and/or iron supplements one week prior to the colonoscopy.
* Purchase your prep!

**THREE DAYS PRIOR:**

* Limit your intake of corn, celery, lettuce, nuts, and seeds as these are poorly digestible and often leave residue in the colon. This can interfere with visualization during you colonoscopy.

**DAY BEFORE PROCEDURE:**

* START CLEAR LIQUID DIET for the entire day before the procedure which means: NO SOLID FOOD, NO GUM, NO MILK OR MILK PRODUCTS, NO JUICE WITH PULP OR SEEDS.
* YOU MAY ONLY HAVE THE FOLLOWING:

Water, Seltzer, Apple Juice, White Grape Juice, Sprite, Ginger Ale, 7-Up, Mountain Dew, Light Colored Sports Drinks, Crystal Light, Green or White Tea, Bouillon or Clear Broth, Gatorade (NO RED), Italian Ice (NO RED), Plain Jell-O (NO RED), Popsicles (no milk or fruit pieces).

There are NO exceptions.

* BEGIN YOUR PREP AS DIRECTED.