

General Colonoscopy Instructions

What is a colonoscopy?

Under light, but adequate sedation, a flexible tube with a light on the end is passed into the rectum and advanced so that the entire colon (large intestine) is visualized. It is essential that the colon be very clean so that all polyps or other abnormalities will be seen. If polyps are found they can usually be removed at the same time. Polyps are important to remove because they can transform into cancer.

Will I be in pain?

Despite what you might have heard, the majority of people have very little difficulty with a colonoscopy. Discomfort comes from air introduced into the colon and from stretching the colon with the scope as it turns corners. The pain is similar to cramping. The preparation is usually the most unpleasant part of the experience. We use sedation to help with pain and anxiety. This is not general anesthesia and you will be breathing on your own. Some people choose to have no sedation! Remember, this is to prevent the far greater pain of colon cancer.

Do I need someone to drive me?

YES!!! Since you will be receiving sedation you may not drive until the day after your procedure. Unless a responsible adult accompanies you, leaving the endoscopy center in a bus or taxicab is **not allowed**. This is for your safety. It is the policy of the facility that you have a responsible adult accompany you home after the procedure or your procedure will be cancelled.

Important instructions regarding blood thinning medications:

You must stop taking **Plavix, Aggrenox, Pletal and Ticlid 7 days** before your colonoscopy. You must stop taking **Coumadin, Warfarin, or any other blood thinner 5 days** before your colonoscopy. Please consult with your Cardiologist about stopping your blood thinning medication ahead of time and let us know immediately if the time frames listed above are not acceptable to your Cardiologist.

If you are diabetic:

Do not take your pill the morning of the day of your procedure. If you inject insulin, take ½ your normal dose in the morning of your procedure. If you have questions please contact your primary care physician.

Please call us with any questions at 303-861-0808.