

The Frist Clinic

GASTROENTEROLOGY

OUT-PATIENT COLONOSCOPY PATIENT INSTRUCTIONS

Colonoscopy is a procedure where a specially trained physician (gastroenterologist) examines the colon (large intestine) with a lighted flexible instrument. Colonoscopy has been utilized as a diagnostic and therapeutic procedure for more than 10 years. It is safe and will give valuable information for your care. Polyps (precancerous growths) can be removed and small samples (biopsies) of other abnormalities can be obtained for microscopic examination. Your doctor has requested an outpatient Colonoscopy be performed in your case.

A specific time slot has been reserved for your test. If there are problems keeping the appointment you should call your physician's office (615-342-6010) to reschedule or cancel the test. This courtesy will release the time for another patient.

Preparation for the colonoscopy is most important. In order to visually evaluate the inner surfaces of the colon, the large bowel must be very clean. If stool is present in the colon, the test will be discontinued and rescheduled.

PREPARING FOR THE COLONOSCOPY

Eat and drink only clear liquids for the entire day before the test. Examples of clear liquids are: Cranberry juice, apple juice, Gatorade, all soft drinks (such as Coke, Pepsi, 7-Up), Kool-Aid, tea (without lemon), coffee (without cream), Jell-O (**NO RED JELL-O**), Kool-Aid type Popsicles (**NO** pudding pops), and clear beef and chicken bouillon (please use the cube type only; no more than 3 cubes for the entire day). Do not consume any dairy products or solid foods.

Your physician will provide you with a prescription for a cleansing laxative. Have this prescription filled at your local drugstore, but do not mix the laxative with water until the day you are to use it. On the morning before your colonoscopy, fill the plastic container with water to the indicated mark.

You will tolerate the laxative better if you have an empty stomach, so refrain from eating or drinking anything for 2 hours before starting your laxative. At 4:00pm, start drinking the laxative at the rate of 8oz every 10 minutes until the entire 4 quarts are consumed. Rapid drinking of each portion is better, rather than drinking small amounts continuously. Do not add anything such as ice, flavoring or sugars to the laxative. Please do not sip the laxative through a straw; it must be consumed rapidly for the desired effect. The solution will induce a diarrhea that rapidly cleanses the bowel, usually within 4 hours. Once you have completed the laxative, you may resume all clear liquids above, except Jell-O and Popsicles.

DO NOT EAT OR DRINK ANYTHING (INCLUDING WATER) FOR 8 HOURS PRIOR TO YOUR TEST. If you are taking insulin, heart medication or high blood pressure medication, ask your doctor about when to take these drugs in relation to your test. If you have an artificial heart valve or take anticoagulants (blood thinning medication) or take anti-inflammatory drugs such as aspirin, Nuprin, Motrin, etc., please remind your doctor. Special attention to your case may be required.

STOP Aspirin, Coumadin, & any anti-inflammatory medications 5-7 days before test.

***Discontinue any iron medication (including vitamins with iron) for 7 days prior to your colonoscopy.

Have someone accompany you who can drive you home after your test. A sedative is usually given and driving is not permitted for 12 hours after the procedure.

If you have any questions regarding the test or the instructions above, please telephone the GI nurse at **(615) 342-6010**.