

Preparing for a Colonoscopy

Colonoscopy is a test allowing the physician to examine the large intestine. A colonoscopy is a lighted, flexible tube about ½ in diameter. It is passed through the rectum looking for inflammation, polyps, tumors, etc. **Patients are sedated for the procedure.**

Biopsies (small pieces of tissue) can be extracted during this examination. Tissue will be examined by a pathologist and a written report is sent to our office within seven (7) days. Biopsies are taken for many reasons and do not necessarily mean cancer is suspected.

Complications from this examination are infrequent but may include bleeding, perforation, reaction to medication, heart/lung complication and other unpredictable events.

It is absolutely required for all patients to have a driver present with them during the entire procedure. NO patients are checked in until a driver is present per GI policy.

Golytely/Trilyte/Moviprep Instructions:

- **One Week Prior to Procedure**
 - You will need to obtain bowel prep at the pharmacy of your choice. **A prescription is necessary.**
 - Notify our office if you have kidney disease, if you are on blood thinners (Plavix, aspirin, or Coumadin) or if you are taking diabetes medication. We also need to know if you have an internal defibrillator.
 - **Stop taking all iron, vitamins, herbal supplements, and anti-inflammatory drugs seven (7) days before your procedure.** Unless you have received other specific instructions, aspirins prescribed by your physician should be held only on the day of the procedure. If you take a blood thinner such as Coumadin or Plavix, you should have already visited the clinic to discuss this with physicians. If not please call (205) 801-8877 to speak with a nurse.
 - Other medications such as heart, blood pressure, and seizure medicines may be taken with a small sip of water. If you are not sure you can safely stop any of your medications, or safely complete your bowel prep, please contact your primary care physician or our office.

NOTE: Do not eat corn, turnip or collard greens the week prior to your procedure.

- **Day Before Procedure**
 - Prepare the solution according to the instructions and refrigerate. To prepare the mixture, add lukewarm water to fill line on the bottle. **Do not add any other liquid.** Replace the cap securely and shake vigorously to dissolve the solution completely. You may purchase Lemon Crystal Light to add to the prep solution.
 - **Breakfast: DO NOT EAT ANY SOLID FOODS DAY OF PROCEDURE.** Start clear liquids for the remainder of the day in order to remain hydrated.
 - **5:00 pm:** Begin drinking half the prep solution. Drink eight (8) ounce every (10) minutes until half of the solution has been taken. This should be done in 1 ½ hours. It is more tasteful chilled or on ice. To achieve a better taste add Crystal Light to each glass

of the prep solution. If you are taking Trilyte use the flavor packets provided with the solution.

- **Day of Procedure:**
 - **Make arrangements to have a responsible adult present in the clinic during the procedure and to provide transportation home. Please leave all valuables and jewelry at home.**
 - 5-6 hours before procedure time, begin drinking the second half of the prep in the same way, ingesting eight (8) ounces every ten (10) minutes until the entire prep is completed/finished. You must be finished at least three (3) hours before your procedure time. Remember to allow for bathroom and travel time. You should then have NOTHING by mouth for the final three (3) hours before your procedure.
 - You may have clear liquids up to three (3) hours before your procedure. You may take all of your regular medications otherwise directed. If you are an Insulin dependent diabetic, you should NOT take any insulin or diabetic medications the morning of your procedure. You should also check your blood/sugar levels.
- The following are considered clear liquids:
 - Black Coffee (no cream or milk)
 - Tea (without milk)
 - Carbonated beverages
 - Strained lemonade
 - Strained fruit juices and fruit drinks
 - Plain gelatin desserts (no fruit added)
 - Hard candy
 - Popsicles (except fruit pops)
 - Gatorade/Powerade
 - Ensure (diabetic patients)
 - Fat free clear broth or bouillon
 - **NO RED LIQUIDS OR FOOD WITH RED COLORING**

Cancel appointments 24 hours in advance

Outpatient Services

To reschedule call (205) 996-4744, select option 1

For questions about your procedure call (205) 885-4744, select option 2

*If necessary, please verify with your referring doctor and/or insurance company concerning appropriate referrals, pre-certification, and co-pay amounts for your procedures. **Copays** will be collected at the time of check-in.*

Endoscopy Services

To reschedule or for more information contact the Endoscopy Unit Scheduling Center at (205) 934-6895