**WHAT IS A COLONOSCOPY?**

* A colonoscopy is an examination of the lining of the rectum and colon (the large intestine) through a flexible tube called a colonoscope. This allows a specially trained doctor to directly view this area and identify, biopsy or remove any abnormalities such as polyps. Removal of polyps helps to prevent colon cancer.
* Bowel preparation (cleansing) is needed to perform an effective colonoscopy. Any stool that is left in the colon can hide polyps and small cancers and result in the need to repeat the colonoscopy. Therefore, it is critical that you follow the instructions as directed.
* You will be given sedation for the procedure. For your safety, you must arrange for a responsible **ADULT** to escort you home after the procedure ***(you are not allowed to leave the facility alone)***. We must be able to contact your escort by phone before and during your procedure. If you are planning to take a bus, cab or paratransit home from your procedure, you must have someone with you other than the driver. ***If you do not have an escort at the time of your procedure, your procedure will be canceled.***

**WHAT TO EXPECT?**

**The Day of the test**

* Pack lightly and wear loose comfortable clothing. Leave your money and all other valuables, including jewelry, at home. Please remove ALL piercings.
* You can brush your teeth.
* The test takes about 30 minutes but plan to spend 2 to 3 hours at the center to allow time for your preparation, your test and your recovery. Every effort will be made to keep your appointment at the scheduled time, but in medicine, unexpected delays and emergencies may occur and your wait time maybe prolonged. We give each patient the attention needed for his or her test.
* Before the test, a nurse will do a medical assessment and escort you to your PACU bay where you will change into a hospital gown.
* Anesthesia will place an intravenous (IV) in your arm. You will receive sedation through the IV during the test.
* This procedure is performed very safely in the ambulatory setting. However, if you develop the need for acute care, you will be transferred to Pennsylvania Hospital.

**After the test**

* After the colonoscopy, you will return to your PACU bay where a nurse will watch you until most of the effects of the relaxing medication have worn off.
* You may have some cramping or bloating because gas is placed into your intestines during the test. This should go away after several hours.
* Your physician will discuss the results of your procedure with you prior to discharge. You will receive written discharge instructions.
* A copy of your test will be sent to your referring doctor.
* For biopsy results, we will notify you via telephone or letter. Please allow for 2-3 weeks for notification.
* To ensure your safe discharge home, your responsible party must escort you from the 4th Floor. We recommend that a responsible adult stay with you the rest of the day.
* **You should not**: Return to work, drive a car, operate any machinery or power tools, drink any alcoholic beverages, or make any important decisions until the following day.

**WHAT YOU NEED TO DO TO PREPARE?**

* Review your medication list ***1 week prior*** to your test. Contact your ordering doctor if you have any questions about medications listed on the next page.
* Make arrangements for a responsible adult to bring you home after your procedure.
* Purchase bowel preparation materials ***– at least 2 days before your test.***
* Stop eating seeds, popcorn, nuts, corn, whole grains, salads and other forms of roughage or fiber **3 days prior to your procedure.**
* 2 days prior to your procedure, an Endoscopy nurse will contact you in preparation for your procedure.

**WHAT YOU NEED TO PURCHASE?**

* Pick up cleansing prescription called into your pharmacy on file: 4 liters of Polyethylene Glycol (PEG) Solution.
* 4 Dulcolax (Bisacodyl) tablets – **Over the counter**
* Clear Liquids – List of clear liquids allowed
  + Soda: diet or regular, lemon, lime, ginger ale or club only
  + Juice: apple, white grape, white cranberry only
  + Water: tap, spring, sparkling, seltzer
  + Coffee or Tea: **NO** milk, cream or powdered creamer
  + Gelatin/ Jello: Lemon or Lime only
  + Popsicles or Water Ice: Lemon or lime only
  + Clear Broth: Any flavor
  + Gatorade: Any flavor **(NO RED OR ORANGE)**

*Although rare, there have been reports of kidney damage after taking bowel cleansing preparations. It is very important that you drink large*

*amounts of fluid during the bowel preparation period. Plenty of fluid intake is important to prevent complications. If you experience*

*persistent vomiting during the preparation process, notify your physician immediately.*

**MEDICATIONS**

Some medication will need to be stopped or adjust before your procedure:

* Iron tablets should be stopped 1 week prior to your procedure.
* Diabetic medication: Contact your diabetes provider at least 1 week prior to your procedure to see if any adjustments to your diabetic medication is needed. Please inform them of your limited diet (detailed on the next page) the day prior and day of your procedure. It is typically recommended that you do not take your diabetes pills or insulin on the morning of your test. Check your sugars often while taking the prep solution and the morning of your test.
* Blood thinners (some examples are: Coumadin, Plavix, Heparin, Lovenox, Fragmin, Pradaxa, Zorpin, Xarelto): It is advisable to stop blood thinners 3-5 days prior to the procedure. Please contact your ordering provider at least 1 week prior to the procedure to see if it is safe for you to hold the blood thinners. Your ordering provider should give you directions on how to take them before and after your test. **DO NOT STOP TAKING ANY MEDICATIONS WITHOUT SPEAKING WITH THE ORDERING PROVIDER.**
* You do not need to stop aspirin.
* You can take all other medication the morning of your procedure with a small amount of water. You should take your medication at least 3 hours before your arrival time.
* If you have a central vein access port such as a portacath or infusaport, be advised, we are not able to access these devices, we will use a peripheral IV.

**ON THE DAY OF YOUR PROCEDURE**

**BRING WITH YOU:**

* A list of all medications you are currently taking, along with the dosages, including both prescription and non-prescription (over the counter) medications.
* List of your allergies and/or reaction to medications.
* Name, address, phone and fax number of your PCP and referring physician.
* Photo ID & insurance cards.
* Referrals and **completed** forms enclosed within this packet.

**NOTE: Any out of pocket co-pays, coinsurance and deductibles are expected on the day of service.**

**For questions regarding your procedure or to reschedule, please call 215-829-3561.**

**BOWEL PREPARATION INSTRUCTION WORKSHEET**

**DAY BEFORE PROCEDURE**

* Mix the PEG solution as directed on container and place in the refrigerator.
* You may have a light breakfast. Must be eaten before 10am.
* After 10am – you may drink only clear liquids for lunch, dinner and until bedtime.
  + List of clear liquids allowed:
    - Soda: diet or regular, lemon, lime, ginger ale or club only
    - Juice: apple, white grape, white cranberry only
    - Water: tap, spring, sparkling, seltzer
    - Coffee or Tea: **NO** milk, cream or powdered creamer
    - Gelatin/ Jello: Lemon or Lime only
    - Popsicles or Water Ice: Lemon or lime only
    - Clear Broth: Any flavor
    - Gatorade: Any flavor **(NO RED OR ORANGE)**

**BEGIN PREPARATION:**

* Begin Dulcolax (Bisacodyl) at 5:00pm.

5:00pm – take 4 Dulcolax (Bisacodyl) tablets with 8 oz. water

* Begin PEG solution at 6pm. Drink 8 oz. every 15 minutes – See time chart below. We suggest drinking the solution quickly (do not sip) or through a straw.

6:00PM - Drink 8 oz. of PEG solution 7:30PM- Drink 8 oz. of PEG solution

6:15PM - Drink 8 oz. of PEG solution 7:45PM- Drink 8 oz. of PEG solution

6:30PM - Drink 8 oz. of PEG solution 8:00PM- Drink 8 oz. of PEG solution

6:45PM - Drink 8 oz. of PEG solution 8:15PM- Drink 8 oz. of PEG solution

7:00PM - Drink 8 oz. of PEG solution 8:30PM- Drink 8 oz. of PEG solution

7:15PM - Drink 8 oz. of PEG solution 8:45PM- Drink 8 oz. of PEG solution

**\*\*\*Continue to consume clear liquids until bedtime.**

**DAY OF YOUR PROCEDURE**

**RESUME PREPARATION:**

* Resume PEG solution 4 hours before your procedure

4 hours prior – Drink 8 oz. of PEG solution

3 ¾ hours prior – Drink 8 oz. of PEG solution

3 ½ hours prior – Drink 8 oz. of PEG solution

3 ¼ hours prior – Drink 8 oz. of PEG solution

3 hours prior – Drink 16 oz. of water

***\*\*IMPORTANT: For your safety, you are not to have anything*** ***by mouth (including gum and/or mints)***

***within 3 hours of your procedure!***

***For question regarding your procedure or to reschedule, please call 215-829-3561.***