

DO NOT DISCARD

Colonoscopy
Prep Instructions

**Pre-Procedure Hospital
Admission**



Welcome to the GI Diagnostic Lab at Froedtert & the Medical College of Wisconsin. The information in this packet will guide you through all the steps involved in your visit.

You are scheduled for a colonoscopy with pre-procedure hospital admission

Date of hospital admission: _____

You will find the following in this packet:

- Appointment Confirmation (page 2)
- Explanation of Procedure (page 3)
- Explanation of Sedation (page 4)
- Preparing for Your Procedure (page 5)
- Clear Liquid Diet (page 7)

Please review the information below so that you are prepared for your procedure.

You will be admitted to the hospital one day before your scheduled procedure. The hospital admission will assist you with the preparation that is needed to complete the procedure. When you arrive at the hospital, you will check in with the Admitting Department (2nd floor West Hospital directly across from the information desk in the main lobby). Please arrive at the hospital between 12 p.m. and 2 p.m.

To cancel or reschedule your procedure, call **414-805-2901** “option 2” (Monday-Friday, 8 a.m.-4:30 p.m.). Please call to cancel or reschedule at least 24 hours before your procedure.

You should call your insurance carrier to confirm your benefits before the procedure.

It is our goal to provide you with the best experience when you visit Froedtert & the Medical College of Wisconsin. If at any time we do not meet your expectations, we want to hear from you so we can improve any future care you may need. Thank you for allowing us to be part of your care and for choosing Froedtert & the Medical College of Wisconsin.

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Explanation of Procedure

What is a colonoscopy?

A colonoscopy lets the doctor look inside your entire large intestine. The doctor can see from the rectum all the way through the colon to the lower end of the small intestine. The procedure is used to look for early signs of cancer in the colon and rectum. It can also find the cause of a change in bowel habits. A colonoscopy allows the doctor to see inflamed tissue, growths, ulcers and bleeding. Sedation is used to keep you comfortable during the procedure. The doctor performing the procedure will review your medical records to decide the type of sedation that should be used. The type of sedation is based on your medical history and the procedure being performed. Your doctor will discuss the type of sedation being used before your procedure.

What can I expect the day of my procedure?

Your procedure will take place in the GI Diagnostic Lab, which is located on the main floor of the hospital. Your procedure will take about three (3) hours from the time you arrive until you are discharged home. First, you will check in at the front desk. Shortly after you complete the check-in process a nurse will assist you with changing into a hospital gown. Once you have changed, a nurse will take you to the pre-procedure area and review your medical history. An IV will be placed in your arm.

When the physician is ready, you will be taken to a procedure room. You will be attached to a monitor that will watch and record your vital signs. The physician will explain the procedure and answer any questions you may have. You will be asked to sign a consent form allowing the doctor to perform the procedure. The team helping the doctor will position you on your left side. Medications will be put into your IV to help you relax. Once you are relaxed, the doctor will put the scope into your rectum.

What happens after the procedure is over?

Once your doctor has completed the procedure, you will be transferred to the recovery area in the GI Lab. A nurse will continue to monitor your vital signs until it is safe to send you home. Before you go home, the nurse will review your written discharge instructions and provide a brief summary of your exam. If a biopsy was done, the results will be sent to you and your physician within 7-10 working days. You will also receive a phone call from a nurse within a few days after your procedure to see how you are feeling.

Because of the sedation that will be given, you must arrange for someone to drive you home. We will cancel your procedure if you are not able to arrange a ride home. This will be confirmed when you check in for your procedure.

Explanation of Sedation

What is Moderate Sedation?

Moderate sedation is a very safe and effective way to help a patient relax and stay comfortable during the procedure. Moderate sedation is given by a nurse and doctor during the procedure.

What happens during moderate sedation?

Once you are moved to the procedure room, the nurse will attach you to a heart monitor. An oxygen tube will be placed under your nose. Medicine used to relax you will go into the IV. The medication is designed to decrease your awareness so you will not remember the procedure. The doctors and nurses are trained in moderate sedation, and they will be with you the entire time. Your heart rate, blood pressure, breathing, oxygen levels and alertness will be monitored during the procedure and recovery.

How will I feel with moderate sedation?

You will feel sleepy with the medication, but able to respond. The doctor and nurse can ask questions to see how you feel. You will be able to feel different sensations like hot, cold and pressure. The medication helps you relax, it does not put you to sleep. The goal is to keep you comfortable.

What is monitored anesthesia care (MAC)?

MAC refers to the anesthesia personnel present during a procedure; it does not indicate the level of anesthesia given. Various levels of sedation and analgesia (anesthesia) may be used depending on your condition and the procedure being performed. The use of an anesthesiologist may be indicated if you have certain medical conditions.

What happens after your procedure?

You might feel sleepy, tired or lightheaded, or have a dry mouth. Some people who are very sensitive to the medication can have symptoms of nausea or headache, or may vomit. Many patients do not remember anything that happened during the procedure. The remainder of the day you may continue to feel sleepy, so it is best to rest. No driving or exercise for the rest of the day. Most people have no diet restrictions after the procedure.

Preparing for Your Procedure

7 days before: Date: _____

- Review the prep instructions you received
- Contact your doctor if you are taking Coumadin, Heparin, Plavix or any other blood thinners. Verify if it is OK for you to hold these medications up to **five (5) days** before your procedure
- Contact your doctor if you are a diabetic and you are taking insulin and/or oral diabetic medication. Your doctor may need to adjust your medication because you will need to follow diet restrictions for your procedure
- Make plans for your ride home. You cannot drive yourself home or take a bus. You may use a van service. You must leave with another adult. If you do not have a proper ride home, your procedure will be cancelled

5 days before: Date: _____

- DO NOT EAT: Nuts, seeds, popcorn, corn or peas
- STOP: All fiber supplements (ex. Metamucil, Citrucel, Fiberall, Fibercon, Benefiber)
- STOP: Iron supplements (It is OK to take daily vitamins with iron)

Day of hospital admission: Date: _____

- Take regularly scheduled medications with the exception of blood thinners
- Be prepared to let us know your transportation arrangements after the procedure. This will be confirmed on admission to the hospital
- CLEAR LIQUID DIET ONLY. Follow “Clear Liquid Diet” sheet provided. No solid food is allowed or your procedure will be cancelled

Clear Liquid Diet

A clear liquid diet means eating foods or drinking beverages that you are able to see through. You may not eat any solid foods or dairy products. Do not drink anything colored red, pink or purple.

Listed below are some common clear liquids. You may have unlimited amounts of these liquids up to four (4) hours prior to your procedure.

- Soda (ex: orange, ginger ale, cola, and lemon-lime)
- Chicken or beef flavored broth (no meat, vegetables or noodles)
- Coffee (sugar is fine, but no cream or milk)
- Tea
- Jell-O (**no** red, pink or purple)
- Popsicles (**no** red, pink or purple)
- Clear hard candy, such as a lemon drop or Jolly Rancher (**no** mints or caramels)
- Clear juices without pulp (lemonade and apple or white grape juice is ok to drink); you may have cranberry juice, but check the label to ensure it has no red dyes
- Sports drinks, like Gatorade or PowerAde (**no** red, pink or purple)