

## The Doctors Clinic Ambulatory Endoscopy

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**Colonoscopy** – A procedure in which a flexible lighted tube is inserted into the anus and passed slowly through the large intestine for direct examination. Biopsies can be taken and polyps can be removed.

### **How is this test performed?**

Prior to starting your test, an IV will be started in order for a sedative to be given during the procedure. You will lie on your left side. The scope will be inserted into the anus and the entire length of the large intestine will be examined including the cecum/terminal ileum (small intestine). The colon will be insufflated with air during and after the procedure.

The exam usually takes 20-30 minutes. The physician will take biopsies (removal of tissue) and/or remove polyps (abnormal tissue growth) if needed during the procedure. Biopsies may be taken for many reasons and does not necessarily mean cancer. After the exam, you will be transported to the recovery area where your vital signs will be observed until you are fully awake. It is normal to have a bloating feeling and pass gas after the exam. **Because of the sedation medications, you must have someone with you that can talk to the doctor after your procedure, receive your discharge instructions and drive you home.**

### **Preparation**

The colon must be completely clean of any stool and debris for adequate visualization of the colon. You will receive instructions as to which laxative prep you will be requested to consume, this will clean out the colon. You will be on a clear liquid diet the day prior to your procedure. A clear liquid diet will consist of: Jell-O, juices, broth, tea, coffee with no cream and/or dairy products and popsicles. The clear liquids should not contain any red or purple dyes.

If you take any diabetes medicine or anticoagulant medicine you need to talk to your physician prior to the procedure. If you receive sedation for your exam, **you must have someone with you that can talk to the doctor after your procedure, receive your discharge instructions and drive you home.**

### **Instructions for Colonoscopy**

You will receive a call from one of the Ambulatory Endoscopy Nurses one week prior to your appointment. This call will be to discuss your preparation instructions and review your medical history and medications.

**Please follow all of the prep instructions given to you by our office. No** Plavix, Aggrenox, Ticlid, Aspirin, Baby Aspirin, Alka Seltzer or Non-Steroidal Anti-Inflammatory Medications such

as Ibuprofen, Motrin, Aleve and Advil 5-7 days prior to your procedure. **No** Coumadin (Warfarin), 3 days prior to the procedure. You may take Tylenol as needed prior to your procedure. Lovenox or Fragmin should be used the day of the procedure. If you are under the care of a Cardiologist, PLEASE CALL him/her before stopping any medications.

Diabetics: Please consult your primary care physician on how to handle your medications and diet. Follow any specific instructions given to you by our office.

If you receive any sedation you must have somebody drive you home. Taxi cabs are unacceptable. If you must cancel your appointment please notify our office 48 hours in advance so that we may adequately prep someone to take your place.

Please call our office with any questions you may have regarding your preparation instructions.