

Preparing For Your Exam

The success of your test depends on how well your bowel is cleaned.

Five Days Before: (ON: _____) **stop taking any blood thinners** like Aspirin, Coumadin, Plavix, Pletal, Lovenox, etc.

Two Days Before: (ON: _____) **eat only low residue foods** like fish, minced chicken or turkey, soups, etc. Do not eat heavy red meats or high fiber foods such as leafy vegetables etc. Drink plenty of fluids of your choice. **Take four Dulcolax tablets (available over the counter) at bed time. Mix your Colyte jug per instructions,** shake well, and refrigerate.

One Day Before: (ON: _____) **Drink clear liquids only.** Liquids like water, sodas, jello, broths, Gatorade, tea and coffee (w/o milk). No solid foods. Avoid red jello. Drink lots of water. **No solid foods. Around 1 PM start drinking the Colyte.** Shake well and drink one glass at a time, every 15 minutes. You need to drink the entire gallon in 4 hours. **Do not eat or drink after 12 midnight.** You may take your heart and blood pressure meds with a small sip of water. Do not take insulin or other diabetes medicines.

Alternatively, if you do not like Colyte, you can use two bottles of FLEETS Phosphosoda. Drink one 1.5 oz bottle around 8 AM and a second bottle around 2 PM. Drink plenty of water.

Your exam is scheduled for:

Day: _____

Date: _____

Time: _____ am pm

Place: _____

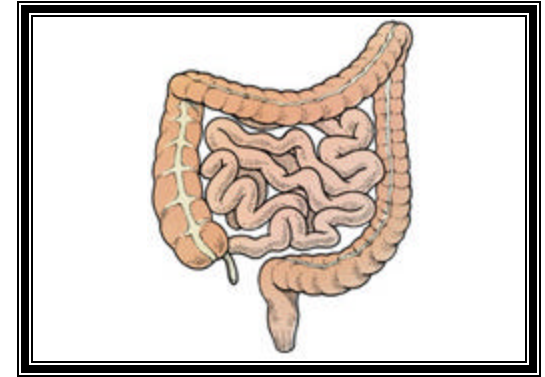
On The Day of the Exam:

- Report to the Outpatient Admission office at the hospital or endoscopy center by _____ am
- **Bring a friend or relative with you** who can wait and drive you home after the exam. You will be given medication and **will not be allowed to drive.**
- Please **bring this note with you** and present it at the Outpatient Admission Clerk when you arrive.

Please note: You will be receiving two separate bills, one from the physician and one from the endoscopy center for your colonoscopy.

Visit our Website:
www.palmettofamilymed.com

Colonoscopy



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WHAT IS COLONOSCOPY?

Colonoscopy is a procedure for viewing the interior lining of the colon (large intestine) and the rectum using a fiber optic tube. It is performed to diagnose – and sometimes treat – certain conditions, such as polyps and bleeding. It is a very effective tool to screen and thus prevent colon cancer.

INFORM YOUR DOCTOR ABOUT:

- Health conditions like heart / lung problems, pregnancy, etc.
- Medications you are on, especially aspirin and blood thinners.
- Any allergies to medications

What to expect

When you arrive at the endoscopy suite (hospital), you will complete the usual paperwork after which you will be taken to the examination room. The room is equipped with the scope – a long, flexible black tube containing a light and a video camera. You will also see a video monitor and equipment to sedate and monitor your vital signs.

A nurse technician will start an intravenous access – a needle placed in a vein in your arm. The doctor will administer sedatives before and during the procedure. The sedatives will make you “drunk” so that you do not feel any pain.

You will lie on your left side and the doctor will insert the scope in your rectum in order to view the lining of your rectum and the entire colon. You may feel some pressure and gas pain. The doctor will insert air through the scope to provide a better view. If you experience a lot of pain, inform your doctor so that he can administer more pain medication. If some pathology is identified, pictures may be taken to provide documentation.

Mild cramping and considerable passing of gas after the test is expected. Your vital signs will be monitored until your sedation wears off. This will take a few hours.

How long will it take?

The test will take 30 to 40 minutes, but the registration process and subsequent monitoring until the sedation wears off will take a few hours. You will not be permitted to drive back home. You must arrange for a friend or relative to drive you home.

Why do I need this test?

The test is a gold standard for diagnosing conditions like inflammation, diverticular disease, polyps, and cancers. However, polyps or cancer can sometimes be missed – especially if bowel cleansing is not done properly. Other risks involve perforation and bleeding if polypectomy is performed.

Call your doctor

Your doctor will be able to tell the results of your test after the procedure. If a polyp is removed, he will see you in one week to discuss the results. Call the doctor if you develop severe abdominal pain, fever, or bleeding.