

# COLONOSCOPY PREPARATION INSTRUCTIONS

You have been scheduled for a colonoscopy on \_\_\_\_\_ at \_\_\_\_\_.

## **Please read all instructions at least 5 days prior to examination.**

In order for your doctor to make the best evaluation of your colon, a thorough bowel cleansing is essential. In addition to the liquid included in the prep instructions below, you will need to drink an additional 6-8 cups of clear liquids within a 24-hour period.

The day before your procedure drink only clear liquids for breakfast, lunch, dinner and throughout the day.

### **Allowed Clear Liquids**

Water	Gatorade
Apple Juice	Soft Drinks
White Grape Juice	Tea
Chicken or Beef Bouillon	Coffee (no milk, may use sweeteners)
Jell-0	Popsicles

### **Note: No Milk or Milk Products, No Red or Purple Colored Liquids**

#### **PREP A: Gatorlax**

Purchase an 8 oz bottle of MiraLAX powder and 10 oz magnesium citrate over the counter from a pharmacy.

##### **The day before your procedure:**

At 4:00 pm, drink the 10 oz bottle of magnesium citrate.

At 6:00 pm, Mix half of MiraLAX (4 oz) in 32 oz of Gatorade and drink.

##### **The morning of your procedure:**

4 hours prior to your procedure, mix remaining 4 oz MiraLAX in 32 oz of Gatorade. Drink within 1 hour.

#### **PREP B: NuLYTELY or GoLYTELY**

Take your prescriptions to the pharmacy and purchase NuLYTELY/GoLYTELY and Reglan 10 mg tablet.

##### **The day before your procedure:**

At 2:30 pm, take the Reglan 10 mg tablet.

Mix the NuLYTELY/GoLYTELY as directed and refrigerate.

At 3:00 pm, begin drinking the NuLYTELY/GoLYTELY solution and drink approximately 6 oz every 15-30 minutes until the entire solution is gone, within 4 hours. You may drink other clear liquids during this process.

#### **PREP C: Movi Prep**

Take your prescription to the pharmacy and purchase the Movi Prep. Follow the enclosed instructions.

If you begin to feel nauseated or full during the preparation, you may stop drinking for a short time, then resume drinking in smaller quantities and wait 15-20 minutes between glasses.

**It is essential to complete your entire prep.**

The morning of your colonoscopy you may continue to have clear liquids until 3 hours before your procedure.

If you have any questions or problems, please call us at 481-4817, option 4. After hours, call 481-4817 and ask to speak with the on-call doctor.

## GASTROENTEROLOGY, LTD.

Location of Procedure:

\_\_\_\_\_ Location A: Colon Cancer Prevention and Endoscopy Center of Virginia Beach, 1101 First Colonial Road, **Please go to Suite 400, 4<sup>th</sup> floor.**

\_\_\_\_\_ Location B: Sentara Virginia Beach General Hospital, 1060 First Colonial Road, **Please enter through the door under the green awning on Facilities Lane, behind the hospital.**

Patient Name: \_\_\_\_\_

Date of Procedure: \_\_\_\_\_

Check-in time: \_\_\_\_\_

Procedure time: \_\_\_\_\_

Please arrange for transportation home. Our policy requires a responsible adult escort you from the Endoscopy suite, drive you home, and stay with you for the remainder of the procedure day. You may not meet your ride in the parking lot. Public transportation or taxicabs are **NOT ALLOWED** unless you are accompanied by a responsible adult.

Our office will obtain a pre-authorization from your insurance company for your procedure; however, you are responsible to verify your insurance benefits. Please bring your insurance information and co pay on the day of your procedure. Please do not bring any other valuables.

Regular medications should be taken as usual until the morning of your procedure. Only blood pressure and heart medications should be taken on the day of your exam. You may also take Tylenol.

**Stop taking Coumadin, Plavix or any blood thinners 5 days prior to your procedure. Your last dose will be on \_\_\_\_\_.** **If you take aspirin, do not stop it.** Regular medications should be taken as usual until the morning of your procedure. Only blood pressure and heart medications should be taken on the day of your exam. You may also take Tylenol.

We ask that your driver stay in our waiting room during your procedure.

If cancellation is necessary, please notify our office at least seventy-two (72) hours before by calling 481-4817, option 1. Please be aware that we have reserved a physician, three nurses and equipment for your procedure. Without adequate notice, there will be a \$75 cancellation fee. Thank you for your cooperation.

*If you have any questions concerning your procedure or your instructions please call us at 481-4817, option 4.*



# GASTROENTEROLOGY, LTD.

## COLON CANCER PREVENTION AND ENDOSCOPY CENTER OF VIRGINIA BEACH

### Consent for Colonoscopy

**PATIENT:** \_\_\_\_\_ **PROCEDURE DATE:** \_\_\_\_\_

**Authorization and Nature of this Procedure:** I hereby request and authorize Dr. \_\_\_\_\_ and his designated associates/assistants to perform a **colonoscopy and possible polypectomy or biopsy**. It has been explained to me that this procedure is an examination of the lining of the large intestine (colon) by use of a flexible scope, which is passed through the rectum into the colon. During this procedure, biopsies (tissue samples) may be removed. If a polyp is detected which is removable, it will be removed with or without the use of electrocautery. I understand that there are several techniques to remove polyps/lesions and I authorize my physician to utilize whichever method he feels is best suited during this procedure. Small polyps are sometimes cauterized without tissue removal. Occasionally when bleeding occurs, cautery or the injection of medication may be necessary to stop the bleeding. I am also aware that sometimes the physician will mark the area of the colon that was treated so that this area can be more easily reevaluated in the future.

**Risks and Complications:** Every medical procedure has some degree of risk and the possibility of complications. My physician has explained to me and I understand that complications from this procedure include but are not limited to: a perforation or hole in the colon, bleeding, infection, rarely rupture of the spleen or irregular heart beat. Very rarely, death has been reported with this procedure. I understand that unusual complications, those that are so rare that they are not routinely discussed before this test, occasionally do occur. I do not wish to have any further explanation given to me, although I have been advised that I am entitled to do so if I desire. I understand that I may be transferred to another facility in the event that a complication occurs. This decision will be made by my physician or designated health care provider.

**Alternative Procedures or Treatment:** My doctor has explained to me that alternative procedures are available which also include risks and complications. I am satisfied with my physician's explanation of these options and wish to proceed with colonoscopy. Such options may include x-rays, barium enema, CAT scan, or no treatment.

**Attendance of other Health Care Providers:** I understand that physicians, nurses and assistants may be present to perform and assist with my colonoscopy. I consent to the presence of these health care professionals and **I do** \_\_\_/ **I do not** \_\_\_ consent to *students/residents/personnel in training* to be present during my procedure.

**Photographs:** I understand that photographs and/or videotaping may be taken during my procedure for documentation of findings. **I do** \_\_\_/ **I do not** \_\_\_ consent to the use of these photographs to be used for teaching purposes. This may include the reproduction of the photographs for publication or to be used in part of a medical education program.



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## Frequently Asked Questions

### Before the Procedure Prep Related Questions:

**Q. What time should I start my prep?**

**A.** See instruction sheet

**Q. Is there anyway I can make this taste better?**

**A.** You can try sucking on hard candy, or you can rinse your mouth with water, mouthwash or any other beverage listed on the clear liquid diet.

**Q. Why should I avoid red liquids?**

**A.** The red color can stay in the colon and potentially look like blood.

**Q. One of the medications I was instructed to take the morning of my procedure is red, is it OK to take it?**

**A.** Yes. Medications for blood pressure, heart problems and seizures should be taken the morning of your procedure regardless of their color.

**Q. I feel like vomiting and don't think I can drink any more. What should I do?**

**A.** Without a clean bowel, the doctor will not be able to see the inside of your colon to complete the examination. Walking and other activities usually decrease nausea. Some patients prefer to remove the prep from the refrigerator a half-hour before they are scheduled to start drinking it. If you do vomit or feel nauseated, wait 45 minutes and begin drinking the solution again. If not improved, please call us.

**Q. I drank most of the solution but have not gone to the bathroom yet. What should I do?**

**A.** Most people have a bowel movement after an hour some patients take 2 hours or longer. If you feel bloated or nauseated, wait 30-45 minutes and resume drinking the solution. If you still have not had a bowel movement after drinking all of the solution, call us for further instructions.

**Q. Is the prep the only liquid I need to drink prior to the procedure?**

**A.** No, please drink an additional 4 to 8 glasses of liquids so you do not become dehydrated. The colon prep liquid is to clean out the colon, not to replace fluid loss.

**Q. I am taking the prep and now have loose, watery stools. Do I still need to take the rest of the prep?**

**A.** Yes, you may have solid stool higher in the colon that needs to be eliminated as well.

**Q. I already have diarrhea before taking the prep, do I still have to take the laxative?**

**A.** Yes, you must take the prep as directed by your doctor. Your colon is approximately 6 feet long, and your entire colon must be emptied for your physician to see it clearly.

**Q. I see yellow color in the toilet bowl and a few flecks. What do I do?**

**A.** If you drank the entire solution or if your last bowel movement was clear enough to see the bottom of the toilet, you should be fine. It is OK if you have some flecks of material. The yellow color is the result of bile that normally colors the feces. This shouldn't interfere with the examination.

**Q. My bottom is very sore. What can I do?**

**A.** To clean the area, avoid rubbing, but gently pat with a wet washcloth. Apply Vaseline <sup>™</sup>, Preparation H <sup>™</sup>, or Desitin liberally.

**Q. Is it OK to drink alcoholic beverages?**

**A.** We strongly suggest you do not drink any alcoholic beverages prior to your procedure since they can cause dehydration, and some wines may thin your blood.

**Q. Can I chew gum or suck on candy?**

**A.** Yes, but no hard candy with soft centers or anything with red colors

**Q. Can I brush my teeth?**

**A.** Yes

**Q. Can I wear my dentures?**

**A.** Yes, you may wear your dentures to the Endoscopy suite. However, you may be asked to remove them prior to the procedure.

**Q. I have been instructed not to take anti-inflammatory or blood thinner medications several days before the procedure. What can I take for headaches and pain relief?**

**A.** You may take Tylenol as directed.

**Q. Can I have chicken soup?**

**A.** You may have the broth, but no chicken, noodles or vegetables are allowed.

**Q. Is it OK to have the colonoscopy during my menstrual cycle?**

**A.** Yes, the procedure can still be performed. You may use a tampon during the procedure.

**Q. How can I find out when I am due for a follow-up procedure?**

**A.** You will receive a reminder notice from our office 1-2 months prior to the time you should have your screening procedure. The notice will ask you to call our office to schedule the needed procedure. If you do not receive a notice when you feel you should or have any questions, it is always best to call the office and ask to speak to a Procedure Scheduler.

***If you have any questions or problems, please call us at 481-4817, option 4.  
After hours, call 481-4817 and ask to speak with the on-call doctor.***