

# Circle City Gastroenterology

Phone (951) 808-6298

## How to Prepare for your Colonoscopy

On the day *before* your procedure...

- **Clear liquids ONLY**
- **DO NOT eat or drink anything colored RED, PINK or PURPLE**

Any of the following liquids are OK to drink



Water



Strained fruit juices (without pulp) including apple, orange, white grape, or white cranberry



Limeade or lemonade  
Crystal Light – no red, pink or purple



Coffee or tea; **No creamer!**



Clear broth or bouillon



Gelatin desserts without added fruit or toppings (NO RED, PINK OR PURPLE)

### Prescription Instructions:

Morning Procedures will take half from 6pm-8pm the night before and then again from 2am-3:30am the morning of the procedure.

Afternoon Procedures will take half from 6pm-8pm the night before and then again from 6am – 8 am the morning of the procedure.

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## General Instructions – Colonoscopy

If you are on blood thinners (Coumadin, Plavix, etc.), insulin or other diabetic medications, please let us know and check with your primary or referring physician for instructions.

Please let us know if you have experienced a significant medical event since your last medical evaluation.

- 7 days before procedure avoid eating corn, nuts, seeds, fiber and popcorn.
- Please bring a complete list of your medications with you on the day of your procedure.
- You MUST have either (1) a responsible adult to drive you home or accompany you on a bus to taxi to your home (2) have a medical transport take you home.
- You are not to drive for the remainder of the procedure day.
- Please continue to take any blood pressure or heart medications as usual with a small sip of water the morning of your procedure.
- DO NOT EAT FOOD, drink fluids other than the prep, chew gum or suck on hard candy the day of the procedure.
- NO ALCOHOLIC BEVERAGES 24 hours prior to procedure.
- YOUR PROCEDURE WILL BE CANCELLED if you do not comply with the above guidelines.
- On the day of the procedure please make sure to bring your photo ID, Insurance card and Co-pay (if applicable).

### **\*\*\*IMPORTANT – PLEASE READ CAREFULLY\*\*\***

**Our office will contact your insurance carrier to verify coverage and, if required, obtain pre-authorization for your procedure. However, pre-authorization is not a guarantee of payment and you will be responsible for any deductibles, co-pays, co-insurances, and/or any other plan specific out-of-pocket expenses.**

**Dependent upon your family history, personal history, prior gastroenterology diagnosis, or findings discovered during your colonoscopy, your procedure may be considered preventative or diagnostic. This determination will not be made until after the procedure has concluded and will be based upon the findings of your exam. In our experience, many insurance carriers cover preventative and diagnostic colonoscopies differently, and as a result, your out-of-pocket payment may also differ. If you have any questions about your coverage, please contact your insurance carrier directly.**

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## What to Expect – Day of your procedure:

Once you enter the Endoscopy suite, you will be asked to put on a hospital gown. A nurse and anesthesiologist will review your medical history with you (bring a copy of your most recent medical evaluation, a list of your current medications and allergies and a copy of your EKG if you had one recently). An intravenous line (IV) will be started for your sedation during the procedure.

The colonoscopy will generally take 30-60 min, depending on findings.

When your procedure is done, you will remain in the recovery room for up to 1 hour.

Your doctor will discuss the results of your procedure with you and give you a written copy of the report.

## Frequently Asked Questions:

### **My procedure is in the afternoon. Can I eat or drink in the morning?**

- No. To ensure your safety during the procedure, it is important that the stomach is empty. Any food or liquid in the stomach at the time of the procedure places you at risk of aspirating those contents into the lung leading to a serious complication called aspiration pneumonia.

### **I ate breakfast (lunch or dinner) the day before my colonoscopy. Is that okay?**

- If the preparation instructions were not followed properly, residual stool may remain in the colon and hide important findings from the examining physician. In some cases, if the colon preparation is not good, you may have to repeat the preparation and the exam. If you accidentally eat any solid food the day before your exam, please call and ask to speak with a member of the office staff. You may be asked to reschedule your procedure.

### **I don't have a ride. Is that okay?**

- No, if you do not have a responsible adult to accompany you home, your PROCEDURE WILL BE CANCELLED! This is a patient safety and legal liability issue and is not open for negotiation.

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## Frequently Asked Questions: Continued

### **How many days prior to my procedure should I discontinue my Coumadin, Plavix or other blood thinning medications?**

- If you are on “blood thinning medications” please let your endoscopist know. Generally speaking, you should quit taking your blood thinning medications 5 – 7 days prior to some procedures, however, you must check with your endoscopist and your prescribing physician to ensure that it is needed and safe for you to do so.

### **What medications can I take the day before and the day of my procedure?**

- The day prior to your procedure take your medications the way you normally would. However, for those patients taking any type of bowel cleansing preparation, be advised that you may undergo a prolonged period of diarrhea that may flush oral medications out of your system before they have time to take effect. The morning of your procedure you should take any blood pressure or heart medications you may be on with a small sip of water. You can hold most other medications and take them once your procedure has been completed. If you have questions about a specific medication, please call a member of our clinical staff.

### **I am diabetic. Do I take my insulin?**

- You must direct that question to the physician who placed you on that medication. Please check your blood sugar the morning of your procedure as you normally would. If you have any questions about your diabetes management in conjunction with your fast for your endoscopic procedure, please consult with your primary physician.

### **I am on pain medication. Can I take it prior to my procedure?**

- Many prescription pain medications can adversely affect the medications we use for sedation and for that reason we recommend that the day of your procedure you delay taking your pain medication until after your procedure has been completed. If you have any questions, please call a member of our clinical staff.

### **I am having my menstrual period. Should I reschedule my colonoscopy appointment?**

- No. Your menstrual period will not interfere with your physician’s ability to complete your procedure.

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## Frequently Asked Questions: Continued

### **May I continue taking my Iron Tablets?**

No. Iron can cause the formation of dark-colored stools which can make it difficult for the physician to complete your colonoscopy if your preparation is less than optimal. We recommend you stop taking your oral iron supplements at least one week prior to your procedure.

### **I have been on Aspirin therapy for my heart. Should I continue to take it?**

Aspirin may affect blood coagulation. Please check with your endoscopist and prescribing physician.

### **I am having a colonoscopy tomorrow. I started my colon preparation on time but now I am experiencing diarrhea and/or a bloated feeling. What should I do?**

Nausea, vomiting and a sense of fullness or bloating can occur anytime after beginning your colon preparation. However, it is important that you drink all the preparation. For most people, taking an hour break from the preparation will usually help. Then continue taking the preparation as ordered.

**If you have any further questions, please give our office a call and ask to speak with the clinical staff. If you get a voicemail the staff will return your call promptly.**