



# Colonoscopy Instructions

PATIENT NAME: \_\_\_\_\_ DOB: \_\_\_\_\_

PHYSICIAN: \_\_\_\_\_

PROCEDURE DATE: \_\_\_\_\_ ARRIVAL TIME: \_\_\_\_\_

**LOCATION:**

- MIDATLANTIC ENDOSCOPY – 4140 OREGON PIKE, EPHRATA
- MIDATLANTIC ENDOSCOPY – 2112 HARRISBURG PIKE, SUITE 100, LANCASTER
- WELLSPAN EPHRATA HOSPITAL – 169 MARTIN AVENUE, EPHRATA
- UPMC PINNACLE LITITZ – 1500 HIGHLANDS DRIVE, LITITZ
- PENN MEDICINE LANCASTER GENERAL HOSPITAL – 555 NORTH DUKE STREET, LANCASTER

**OFFICE PHONE NUMBER 717-869-4600 ~ HOURS 8:00 AM – 4:00 PM**

**YOUR MEDICATION INSTRUCTIONS:** \_\_\_\_\_ initial here

- Stop** taking medications with Iron 5 days prior to the procedure.
- Continue all prescribed medications unless otherwise instructed, including Aspirin and Plavix.
- Stop any blood thinning medications only if you were instructed to do so.
- Take your medications 4 or more hours before your scheduled procedure with a sip of water. If you are not able to take them prior to 4 hours before your procedure, please wait until after your procedure.
- Do not drink any fluid within 4 hours of your procedure or it may be rescheduled.***

- Diabetics:** If you have diabetes, check with the physician who takes care of your diabetic medications to see what changes are needed.  
Do not take your usual oral diabetic medications the morning of your procedure. Check your blood sugar before arrival. Call the office 717-869-4600 if your blood sugar is 70 or below. Notify the staff immediately upon arrival as well.

**SPECIAL MEDICATION INSTRUCTIONS:**

---



---



---

# What is a Colonoscopy?

**A colonoscopy is a test that allows the physician to examine the lining of the large intestine with a thin flexible instrument. Polyps, or small growths, can be removed to prevent colon cancer. Biopsies can be taken to diagnose other diseases.**

- *An intravenous (IV) line will be inserted into a vein in your arm to provide hydration and medication to keep you asleep during your procedure.*
- *You will receive nasal oxygen. We will monitor your heart rate, blood pressure and blood oxygen level throughout the procedure.*
- *Air or carbon dioxide and water will be placed into your colon during the exam. It is normal to expel these after the procedure.*
- *You will rest in the recovery area after the procedure until you can tolerate liquids, walk unassisted, and have stable vital signs.*

**THE ENTIRE PROCESS TAKES ABOUT 2 HOURS.**

If the start of your procedure is delayed, we will do our best to keep you informed. Rest assured that during your colonoscopy you will receive the highest quality care and privacy.

## **\*IMPORTANT\***

### **72 HOURS NOTICE IS REQUIRED FOR CANCELLATION.**

IF YOU CANCEL LESS THAN 72 HOURS BEFORE YOUR PROCEDURE, YOU WILL BE CONSIDERED A "NO SHOW" AND CHARGED A \$50 FEE. THIS FEE IS NOT COVERED BY INSURANCE.

# PREPARATION: 1 week before your procedure

- You will receive anesthesia during the procedure, *so a responsible adult MUST accompany you to your colonoscopy. This person MUST bring you to the office, stay in the building the entire time, then take you home. The side effects of anesthesia are sometimes dizziness, forgetfulness and sleepiness therefore:*
  - You may NOT be dropped off for your procedure.
  - A responsible adult must accompany you and stay with you if you take public transportation.
  - Bus, taxi, shuttle or UBER drivers CANNOT be your responsible driver.
  - If you do not have a responsible adult to accompany and stay with you, your procedure will be rescheduled.
  
- Medication: See page 1.**
  
- Purchase Prep:**



For your convenience, a Colonoscopy Prep Kit can be purchased at the RGI office, 2112 Harrisburg Pike 2<sup>nd</sup> floor, Suite 202, Lancaster, PA or the Oregon Pike Office at 4140 Oregon Pike, Ephrata, PA. This Kit includes the necessary prep, Simethicone and 4 laxative tablets. *Please read directions carefully when mixing your prep.*

Or you may purchase your own:



## **Miralax Laxative Powder (238g or 8.3 oz)**

This will be mixed with 64 oz. clear liquid of your choice:

- Water
- Clear juice – apple, white grape, lemonade
- Gatorade or similar sports drinks
- Kool Aid, Crystal Light
  
- **NO RED OR PURPLE JUICE**
- **NO JUICE WITH PULP**
- **NO DAIRY DRINKS**
- **NO ALCOHOL**



## **Dulcolax four 5 mg tablets**

## **Simethicone (Gas-X) two 125 mg tablets**

# PREPARATION: 2-3 days before your procedure

## **DO:**

Drink plenty of fluids – at least eight 8 oz glasses per day.

This will help avoid dehydration, make the prep work more effectively and make you feel better overall.



## **DO NOT:**

Do not eat any of the following foods, as they can remain in your colon after the completion of your prep:

- Seeds
- Nuts
- Oatmeal
- Whole grains
- Beans
- Peas
- Corn
- Peels of fruits or vegetables

*A successful colonoscopy is a collaboration between you and your physician. Following these instructions is necessary so the physician can properly perform the procedure.*

*Failure to follow these directions may result in a poor prep and the need for your procedure to be repeated or rescheduled.*

## **Medications:**

Review any personalized instructions on page 1.

## **Responsible Adult:**

Review requirements for the person accompanying you to your procedure on page three.

***Remember, a responsible adult must accompany you to your colonoscopy, stay in the building the entire time, then take you home.***

## **Other Items:**

- Wear comfortable clothes. You may feel bloated after the procedure.
- Leave valuables at home or with the adult accompanying you.
- Remove all jewelry, including body piercings.

# PREPARATION: The day before your procedure

## No Solid Food Starting at 12 noon today

<p><b>Before 12 noon</b> <i>the Day Before your Exam</i></p>	<p>Eat a <u>fiber-free</u> breakfast including <u>any</u> or all the following:</p> <ul style="list-style-type: none"> <li>• 2 fried or boiled eggs</li> <li>• 1/2 cup milk</li> <li>• 1/2 cup yogurt (<i>not red or purple and no added fruit or toppings</i>)</li> <li>• Up to 2 slices of cheese</li> <li>• 2-3 slices of White Bread</li> <li>• 1 Tablespoon butter or olive oil</li> </ul>
<p><b>After 12 noon</b> <i>the Day Before</i></p> <p><b><u>NO SOLID FOOD</u></b></p>	<p>Follow a diet of <b>CLEAR LIQUIDS ONLY:</b></p> <ul style="list-style-type: none"> <li>• Water</li> <li>• Coffee or tea, <i>without milk or cream</i></li> <li>• Clear juice – apple, white grape, lemonade (no pulp)</li> <li>• Broth, bouillon</li> <li>• Gatorade or similar sports drinks</li> <li>• Kool Aid, Crystal Light</li> <li>• Carbonated soft drinks – Coke, Sprite (regular or diet)</li> <li>• Jell-O™ (no added fruit or toppings; not red or purple)</li> <li>• Popsicles (not red or purple)</li> <li>• <b>NO RED OR PURPLE PRODUCTS</b></li> <li>• <b>NO JUICE WITH PULP</b></li> <li>• <b>NO DAIRY DRINKS</b></li> <li>• <b>NO ALCOHOL</b></li> </ul>
<p><b>2:00 pm</b> <i>the Day Before</i></p> <p><b><u>NO SOLID FOOD</u></b></p>	<p>Take four 5 mg Dulcolax Tablets with 8 oz. water.</p> <p>Prepare the prep: If you purchased your prep in the office, please follow the mixing instructions carefully or if purchased on your own mix the entire bottle of Miralax (Polyethylene glycol) 238 g in 64 oz of clear liquid.</p>
<p><b>6:00 pm</b> <i>the Day Before</i></p> <p><b><u>NO SOLID FOOD</u></b></p>	<p>First Dose of Liquid Prep (32 oz):</p> <ul style="list-style-type: none"> <li>• Drink 8 oz's of liquid prep every ½ hour for 2 hours <i>while also trying to drink</i> four to eight 8 oz. glasses of clear liquid.</li> </ul>

## PREPARATION: The day of your procedure

### No Solid Food Today Prior to your Procedure

<p><b>6 HOURS</b> <i>Before your Exam</i></p> <p><b><u>NO SOLID FOOD</u></b></p>	<p>Second Dose of Liquid Prep (32 oz):</p> <ul style="list-style-type: none"><li>• Drink 8 oz's of liquid prep every ½ hour for 2 hours <i>while also trying to drink</i> four to eight 8 oz. glasses of clear liquid.</li><li>• Take 2 Simethicone (Gas-X) tablets after completing the Miralax drink.</li><li>• The goal is to have slightly yellow and liquid stool</li><li>• This is the time when morning medications should be taken or wait until after your procedure.</li></ul>
<p><b>4 HOURS</b> <i>Before your Exam</i></p> <p><b><u>NO FOOD OR DRINK</u></b></p>	<p>All prep and clear liquids <b>MUST</b> be completed 4 hours prior to your appointment.</p> <p>No additional liquids or your procedure may be rescheduled. No hard candy, chewing gum or medications.</p> <p>Nothing by mouth.</p>

## AFTER YOUR COLONOSCOPY

For routine questions, call our office at 717-869-4600 between 8:00 am and 4:00 pm.

IF YOU HAVE AN URGENT CONCERN, CALL 717-869-4600 TO REACH OUR ON-CALL PHYSICIAN AFTER HOURS.

- Rest and relax for the remainder of the day.
- We recommend that a responsible adult stay with you for 24 hours following your procedure.
- Resume your normal diet slowly and as tolerated.
- A feeling of fullness or cramping from remaining air or carbon dioxide may occur. This is totally normal. Mild activity such as walking will help to expel any excess gas. Lying on your left side or directly on your stomach may also help.
- Do not drive or operate any machinery, sign any legal documents, or make critical decisions or return to work until the next day.
- Do not drink alcohol or take any unprescribed medication.
- Mild abdominal discomfort or a small amount of rectal bleeding is not unusual after the procedure. However, if you experience significant pain, rectal bleeding, fever, vomiting or any other worrisome symptoms please notify your physician immediately.
- Follow up with your physician's recommendations for continued colon health.