

## Colonoscopy

You have been scheduled for a Colonoscopy for the purpose of examining your colon, (large intestine) and, if applicable, removing a polyp or polyps, taking biopsies, stopping bleeding or obtaining colon secretions to send to the pathologist for further examination. You will be sedated and be comfortable.

This test takes 20 to 60 minutes. You may experience some discomfort, however, medicine is given to help you tolerate it.

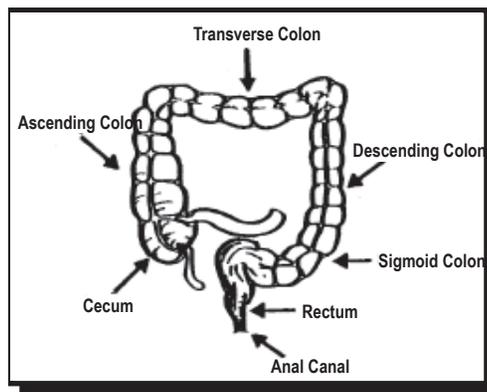
### Are there any possible complications?

Colonoscopy is a safe and relatively low risk procedure. Complications can occur but are rare.

Possible complications include:

- hemorrhage (bleeding)
- perforation (tearing) of the colon, or
- an adverse reaction to one of the medications(s) (sedatives).
- difficulty breathing.
- abnormal heartbeat.
- misdiagnoses / missed lesions
- If any of the above occur, Dr. Fine may stop your test.

In very rare circumstances, death could result from a complication.



## Preparations Before Scheduling Colonoscopy

1. Tell your doctor if you are taking any blood thinners such as aspirin, Coumadin®, Eliquis®, Plavix®, Xarelto®, or Trental®, or any anti-inflammatory or anti-arthritis products. Your doctor will usually recommend stopping these medications before procedure as follows; (3) three days for Coumadin® & seven days for all others unless specified.
2. If you are a diabetic patient on insulin or an oral hypoglycemic, you will need to receive special instructions and schedule your procedure early in the morning. Hold diabetes medications 2 days before test. Consult with your diabetic physician
3. If you have any condition that requires you to take preventative antibiotics before you have a procedure, please tell your doctor.
4. Make sure your doctor has a list of current medications you are taking, and inform him of any allergies to medications or anesthetics.
5. Provide the office with your insurance information so authorization can be obtained, if needed. If you do not have insurance or other financial coverage, you will need to make financial arrangements ahead of time in the Business Office of the hospital and the doctor's office before the day of the exam.

## Preparing For Colonoscopy

### Three Days Before the Exam:

Avoid all beans, peas, corn, popcorn, grapes, lettuce, seeds and nuts.

- Take one Dulcolax® twice a day.

### Two Days Before the Exam:

Eat light two days prior to procedure.

- Take one Dulcolax® twice a day.

### One Day Before the Exam:

1.  Drink a clear liquid diet **ONLY**. A clear liquid is one you can see through. Examples: broth, Jello (no red, orange, blue, green or purple), strained fruit juices, soft drinks, coffee or tea without milk products, popsicles (no red, orange, blue, green or purple).
2.  Be sure to drink at least 8-10 glasses of water.
3.  Names of preps. Nulytely/MoviPrep/ Trylytely/Suprep Dr. Fine's prep kit. See instructions. You will need to buy 8 extra Dulcolax® tablets (available over the counter). Make sure you have a total of 8 Dulcolax® tablets.
4.  At Noon, take 1 Simethicone tablets.
5.  At 5:00 p.m., take 2 Dulcolax® tablets.
6.  At 5:00 p.m., drink half of the prep.

### Night Before Exam & Day of Exam:

Arrive at the hospital at stated time so necessary preparation can be done.

1.  At 10 pm - 2 am, take 2 Dulcolax® tablets.
2.  At 10 pm - 2 am, take rest of your liquid prep.
3.  If the exam is scheduled for the morning, do not drink anything after 3 a.m.

## DAY OF THE EXAM:

4. You may take prescribed medication with a small amount of water and then nothing by mouth.
5. Please bring a driver with you. Sedation will be given and you will be able to walk but not fully concentrate. Plan on staying about 2-3 hours to allow for the procedure and recovery time. You will probably not remember the procedure or talking with the doctor, so the driver can get the results of the test. If you have any questions, be sure to ask.

## AFTER THE PROCEDURE

1. Do not drive for 24 hours after the examination. Eat light for the next 24 hours as you may experience nausea, gas or cramps.
2. Do not take any laxative for three days.
3. Follow your doctor's advice on resuming previous medications.
4. You will be notified of any abnormal test results by our office in 2 weeks. If you have any questions, please ask or call our office and, make a follow-up appointment within 4 weeks.
5. Avoid all blood thinners at least 7 days following the procedure only if directed by a physician, especially if a biopsy was performed.

### Appointment Information

Date: \_\_\_\_\_

Report To: \_\_\_\_\_  
\_\_\_\_\_

Arrival Time: \_\_\_\_\_

Procedure Time: \_\_\_\_\_

*Please call our office at (972) 253-4205  
if you are unable to keep your appointment.*

*Preparing for a:*

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