

COLONOSCOPY

Your doctor has requested that you have a COLONOSCOPY. It has been scheduled _____ at Mitchell County Regional Health Center. You will receive a phone call a few days before your procedure with the time you should arrive for your procedure. If you have not been notified of your arrival time the day prior to your procedure, please call 641-732-6073.

What is a Colonoscopy?

A colonoscopy is a procedure to look at the inside of your lower digestive tract (colon and rectum). During the exam your doctor may also remove small tissue samples for testing or small growths such as polyps.

This procedure is very safe. Complications are rare and include, but are not limited to:

- perforation (tearing) of the colon wall which would require surgical repair,
- bleeding,
- infection,
- drug reactions,
- irritation at the IV site, and
- complications from unrelated diseases such as heart attack or stroke.

Before your procedure please follow the instructions listed below:

1. **You must not take PLAVIX or COUMADIN for at least one week before your procedure.** Your procedure may be canceled if you are taking these products at the time of your procedure.
2. Please fill out the highlighted areas of the **Same Day Surgical form** (page 4) and bring it with you the day of your procedure. Do **not** fill out areas highlighted in gray. Be sure to bring a list of all medications including vitamins and supplements and how you take them on the form.
3. If you are not on Medicare and have questions regarding your insurance coverage, please contact your insurance carrier prior to your procedure.

ONE DAY before your procedure:

- If you have diabetes see Guidelines for Diabetes Patients Having Surgery
- Eat a clear liquid breakfast. Continue to drink clear liquids for your noon and evening meal and throughout the day. Do not eat any solid foods. Between 4 p.m. and 6 p.m. take the anti-nausea pill prescribed to you. Wait for ½ hour, and then begin to drink an 8-ounce glass of Colyte/Nu-Lytely every 10 minutes. It is best to drink the whole glass rapidly, rather than sipping small amounts. Continue drinking until the bottle is empty.

If you have any questions or would like more information contact us at:



Specialty Clinic
616 North Eighth Street
Osage, Iowa 50461-1498
Phone: (641) 732-6090
Fax: (641) 732-6033
osagehospital.com

<u>Foods Allowed</u>	<u>FOODS NOT ALLOWED</u>
<p>Kool-Aid, Popsicles, clear hard candies, beef or chicken broth, bouillon cubes or broth crystals, soda pop, tea, coffee, Gatorade, PowerAde, fruit juices such as apple, cherry, cranapple, cranberry, grape, and pineapple. Orange juice needs to have low pulp or no pulp. Jell-O other than red Jell-O.</p>	<p>Red Jello. All solid foods. All milk and milk products such as ice cream and pudding. Thick juices such as tomato or prune, and fruit nectars.</p>

- It is very important to drink plenty of liquids throughout the day.
- For the rest of the evening you may drink clear liquids until midnight. **Do not drink any more liquids after midnight.** Bowel movements should begin approximately 1 hour after the first glass of Colyte/Nu-Lytely. Your bowel movements will continue until the laxative has worked through the colon. Feelings of bloating, abdominal fullness, and/or nausea are common after the first few glasses of laxative because of the large volume of fluid ingested. The anti-nausea medication prescribed should help lessen some of this for you.

The day of your procedure:

1. If you take medications, you may take them with small sips of water unless your doctor has instructed you to stop your medications before the procedure. If you have diabetes, see Guidelines for Diabetes Patients Having Surgery.
2. Please come to the front entrance of the hospital and report to Patient Registration. After you register, you will be escorted to the Same Day Surgery unit.
3. Please bring the following with you on the day of your procedure.
 - a. Your completed Same Day Surgical form.
 - b. Insurance cards
 - c. Social security number
 - d. Medicare and Medicare supplement information.
 - e. If not currently on file here, please bring a copy of your living will/medical power of attorney, if available.
 - f. If you take insulin, bring your bottle of insulin or insulin pen.
 - g. If you are under 18 years of age and not married, a parent or guardian is needed to sign the surgical consent.

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4. Upon your arrival to the SDS unit, the nurse will ask you to change into a hospital gown and will complete the rest of the paperwork. You will be asked to sign a consent form for the procedure.
5. An IV will be started to give you fluids and also for any medications needed before your procedure.
6. Let the nurse know if your bowel movements are clear when you arrive at the hospital. It is important to discuss with your doctor if you are having brown or formed stool before your exam.
7. At the time of surgery your anesthesia provider, surgeon, and surgery nurse will answer any questions. Feel free to ask any questions you may have. The actual surgery time can vary due to unforeseen situations such as emergencies or surgeries taking longer than expected. After all your questions have been answered you will be taken to the procedure room and transferred to another bed. Monitors will then be placed to watch your blood pressure, pulse and blood-oxygen content during the procedure.
8. You will be asked to turn to your left side and receive medications through your IV that will make you sleepy.

After your procedure:

1. You will be returned directly to the SDS room after your procedure and prepared for discharge.
2. We want you to start taking fluids and moving air through your colon before you return home. When you are alert, your vital signs are normal, and you are drinking and eating, your doctor will discharge you with instructions.
3. You must have a driver to take you home, and it is recommended someone remain with you for 24 hours due to the effects of sedation and anesthesia.
4. Plan on resting the remainder of the day. Do not drive a car, drink alcohol, operate complex machinery, or make major decisions for 24 hours.
5. If any biopsies or tissue samples are taken during your procedure, results will be given via a letter or follow-up appointment with the surgeon.

If you have any questions in regard to your colonoscopy, please call the Specialty Clinic at 641-732-6073 and we will be glad to help you. If it is the night before your procedure and questions arise or you need to cancel your procedure after clinic hours, please call 641-732-6000.

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