

PREPARING FOR YOUR COLONOSCOPY

PATIENT: _____

Location (see map on back):

- Enloe Outpatient Center
- Enloe Medical Center Main Campus
- Skyway Surgery Center

Your procedure is scheduled with:

- Dr. Stephen Pearce
- Dr. Peter Bangsund
- Dr. Hoan Tran
- Dr. Uzma Abbasi
- Dr. Shaheen Rasheed

Date of procedure _____ **Estimated check in time** _____

The facility will call you with your exact arrival time the afternoon before your exam.

IMPORTANT INFORMATION:

You must have someone to drive you home after your procedure since you will be sedated. Your procedure will be rescheduled if you do not have a driver. Please bring your insurance card, identification, fully completed intake information & medication list with you to your procedure. **If you are diabetic**, please consult your primary care physician on how to take your medications the day of your procedure as fasting is involved. Please call our office if you have had diverticulitis in the last 3 months, your procedure may need to be cancelled or rescheduled. ***If you have any questions, please call the office at (530) 332-3986.***

Important Information About Medications – PLEASE READ IMMEDIATELY: *If you are taking any of the following medications, they must be stopped before your procedure. Please consult with your prescribing provider for instructions.*

Xarelto (Rivaroxaban) - 2 days

Pradaxa (Dabigatran) - 2 days

Aspirin - If not prescribed to you
by a provider, please
hold 7 days prior

Eliquis (Apixaban) - 2 days

Coumadin (Warfarin) - 5 days

Plavix (Clopidogrel) - 7 days

Brilinta (Ticagrelor) - 7 days

Effient (Prasugrel) - 7 days

Aggrenox - 7 days

One Week Before Exam:

- Avoid food containing small seeds such as tomatoes, cucumber, kiwi, strawberries, as well as small seeds on breads and rolls. Also avoid salads, corn, and nuts.

Day Before Exam:

- Clear liquids all day. NO FOOD! Clear liquids include water, tea, black coffee, broth, apple juice, any soda, Jell-O (except red Jell-O), etc. Do not consume any milk products, juices with pulp, or any red liquids.
- You can continue to have clear liquids until 4 hours prior to your arrival time.
- Mix the PEG sodium powder (or any other prep as prescribed by your physician) you received from the pharmacy with 1 gallon of water and the flavor packet of your choice (you can also use Crystal Light for flavor). Shake well and refrigerate.
- At 4:00 p.m. start drinking the laxative solution until half the solution is gone.
Consume one 8 ounce glass every 10 to 15 minutes, drinking quickly.

Morning of Your Exam:

- At least 6 hours prior to your arrival time, start drinking the remainder of the solution. Drink 8 ounces every 10 to 15 minutes until completely consumed, making sure to complete at least 4 hours prior to your arrival time. Please call the office for further instruction if stool is not clear
- If you have prescribed medications that you take regularly, you may take them the morning of your exam with small sips of water.
If this section is highlighted, please follow additional instructions: After drinking the second half of the solution, drink two bottles of magnesium citrate until stools run clear.

If you have any questions about these or other medications, please call the office as soon as possible at (530) 332-3986.

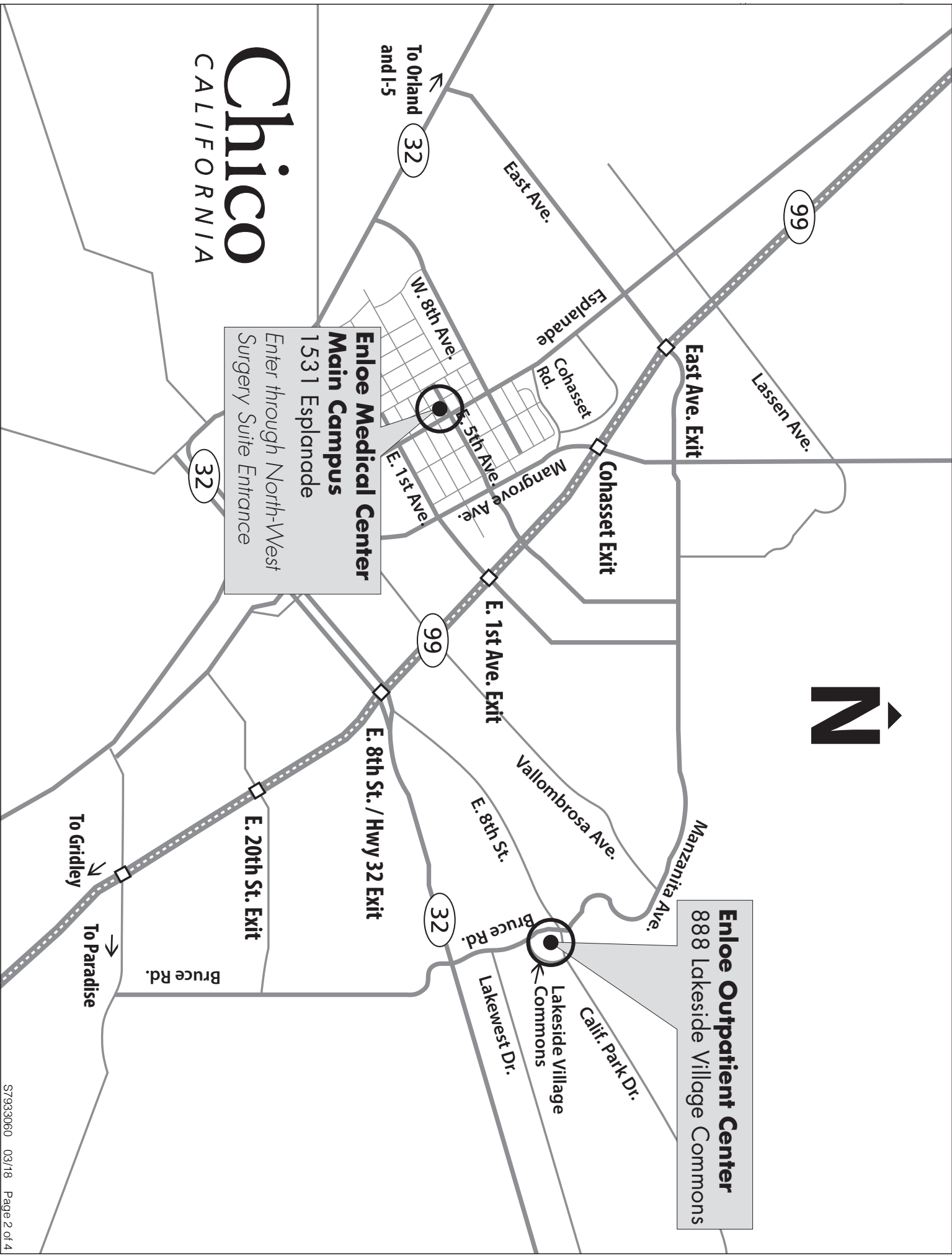
Cancellation Policy: The clinic has a 14 day cancellation policy for all procedures and colonoscopies scheduled. Please contact our office 14 days in advance if you are not able to make this appointment. This will provide the scheduler time to book another patient in this time block.

Chico

CALIFORNIA

**Enloe Medical Center
Main Campus**
1531 Esplanade
Enter through North-West
Surgery Suite Entrance

Enloe Outpatient Center
888 Lakeside Village Commons



Colonoscopy

Colonoscopy is a test to view the inside of your lower digestive tract (colon and rectum). Sometimes it can show the last part of the small intestine (ileum). During the test, small pieces of tissue may be removed for testing. This is called a biopsy. Small growths, such as polyps, may also be removed.

Why is colonoscopy done?

The test is done to help look for colon cancer. And it can help find the source of abdominal pain, bleeding, and changes in bowel habits. It may be needed once a year, depending on factors such as your:

- Age
- Health history
- Family health history
- Symptoms
- Results from any prior colonoscopy

Risks and possible complications

These include:

- Bleeding
- A puncture or tear in the colon
- Risks of anesthesia
- A cancer lesion not being seen

Getting ready

To prepare for the test:

- Talk with your healthcare provider about the risks of the test (see below). Also ask your healthcare provider about alternatives to the test.
- Tell your healthcare provider about any medicines you take. Also tell him or her about any health conditions you may have.
- Make sure your rectum and colon are empty for the test. Follow the diet and bowel prep instructions exactly. If you don't, the test may need to be rescheduled.
- Plan for a friend or family member to drive you home after the test.

You may discuss the results with your doctor right away or at a future visit.

During the test

The test is usually done in the hospital on an outpatient basis. This means you go home the same day. The procedure takes about 30 minutes. During that time:

- You are given relaxing (sedating) medicine through an IV line. You may be drowsy, or fully asleep.

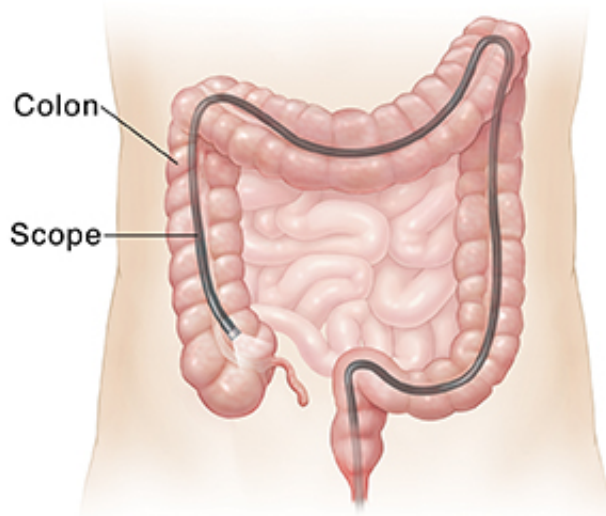


A camera attached to a flexible tube with a viewing lens is used to take video pictures.

- The healthcare provider will first give you a physical exam to check for anal and rectal problems.
- Then the anus is lubricated and the scope inserted.
- If you are awake, you may have a feeling similar to needing to have a bowel movement. You may also feel pressure as air is pumped into the colon. It's OK to pass gas during the procedure.
- Biopsy, polyp removal, or other treatments may be done during the test.

After the test

You may have gas right after the test. It can help to try to pass it to help prevent later bloating. Your healthcare provider may discuss the results with you right away. Or you may need to schedule a follow-up visit to talk about the results. After the test, you can go back to your normal eating and other activities. You may be tired from the sedation and need to rest for a few hours.



Colonoscopy provides an inside view of the entire colon.

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