

Patient Name: _____
Physician: _____
Procedure Date: _____
Procedure Time: _____
Arrival Time: _____

*Banner Estrella Surgery Center, 9301 W. Thomas Road,
Phoenix, 623-388-5700

*Surgical Elite, 10815 W. McDowell Suite 101,
Avondale, 623-433-0110

*West Valley Hospital, 13677 W. McDowell,
Goodyear, 623-882-1850

Colonoscopy

with TriLyte, NuLyte, Colyte or GoLyte
Bowel Prep

- **Prescription Required**
- **You will need a designated driver to take you home after the exam, you may not use taxi/cab for transportation back home**

WHEN YOU RECEIVE YOUR INSTRUCTIONS:

- Inform your physician **IMMEDIATELY** if you take blood-thinning medicine. If you are taken off your blood-thinning medicine before your exam, a test of the clotting time of your blood should be done the day before the exam. Your physician should check the results **BEFORE** you begin to drink the colon cleansing prep.
- If you have a pacemaker or internal cardiac defibrillator, call 623-772-6999 **IMMEDIATELY**.
- Please stop taking iron medicine or vitamins with iron 10 days prior to your exam.
- If you have diabetes, please read the attached special directions. Check your blood sugar prior to exam check-in time. Bring your glucometer to your appointment.
- Bring a current copy of your Advance Directive (i.e. Living Will or Medical Power of Attorney) to place in your medical record, unless you have recently done so.

PLEASE REMEMBER

During this exam, you will receive intravenous (IV) medicine to relax you. For the first 24 hours after this medicine, you may have the following:

- Lapses of memory.
- Slowed reaction time.
- Impaired judgment.

Therefore, the following is necessary for your safety:

- Your exam **WILL NOT** be done unless you have a responsible adult accompany you home and be available to report any unexpected medical problems.
- Do not drive motorized vehicles or equipment for 24 hours.
- Do not drink alcohol for 24 hours.
- Rest for the remainder of the day.
- Do not return to work.
- Do not assume responsibility for young children or anyone dependent on your care.
- Avoid making important decisions or signing legal documents.
- Do not travel by airplane for 7-10 days after your procedure.

PREPARING FOR THE EXAM

Bowel cleansing will be improved if you avoid eating lettuce, high fiber foods, seeds and vegetables for 2 days before taking the bowel preparation.

One week (7 days) BEFORE your exam:

- **No aspirin, aspirin-containing products, Advil, Motrin, Ibuprofen, Aleve, Naproxen, Plavix, Trental, Aggrenox, Vitamin-E, or other anti-inflammatory medications (1) week prior to procedure.**
- STOP DATE:**
- **No alcohol 2 days prior to procedure.**

AM Colonoscopy Prep - If your colonoscopy is scheduled in the morning hours.

The day BEFORE your exam:

- Drink clear liquids only for the entire day. Do not drink any red liquids.
- Eat **NO** solid food. No milk or milk products.
- At 4PM, drink bowel-cleansing prep (TriLyte®, NuLyte®, Colyte®, or Go-Lyte®). It is best when chilled.
- **DRINK ONE EIGHT-OUNCE GLASS EVERY 10 to 15 MINUTES UNTIL HALF THE GALLON IS FINISHED. REPEAT THIS AGAIN AT 10PM, FINISHING THE LAST HALF OF THE GALLON.** Follow these instructions, **NOT** the directions on the bowel prep bottle.
- You may continue clear liquids during and after bowel preparation.

The day OF the exam:

- You may drink clear liquids up to 6 hours before your *check in time*.
- You may have **NOTHING** by mouth, 6 hours before your check-in time.
- Eat **NO** solid food. No milk or milk products.
- Take your blood pressure and heart medications on the day of procedure with a sip of water. All other medications can wait until after the procedure. Do not take water medications on day of procedure.

PM Colonoscopy Prep - *If your colonoscopy is scheduled after 12 noon, you have no other appointments before your colonoscopy and driving time permits, please take your colon bowel prep the morning of your exam.*

The day BEFORE your exam:

- Drink clear liquids only for the entire day. Do not drink any red liquids.
- Eat **NO** solid food. No milk or milk products.
- At 6PM, drink bowel-cleansing prep (TriLyte®, NuLytely®, Colyte®, or Go-Lytely®). It is best when chilled.
- DRINK ONE EIGHT-OUNCE GLASS EVERY 10 to 15 MINUTES UNTIL **HALF** THE GALLON IS FINISHED. Put gallon back in the refrigerator to finish in the morning. Follow these instructions, NOT the directions on the bowel prep bottle.
- Crystal Light lemonade powder may be added to unflavored bowel prep.
- You may continue clear liquids during and after bowel preparation.
- Take your usual medications.

The day OF the exam:

- At 4AM, drink bowel-cleansing prep (TriLyte, NuLytely®, Colyte®, or Go-Lytely®). It is best when chilled.
- DRINK ONE EIGHT-OUNCE GLASS EVERY 10 to 15 MINUTES UNTIL THE GALLON IS FINISHED. Follow these instructions, NOT the directions on the bowel prep bottle.
- Crystal Light lemonade powder may be added to unflavored bowel prep.
- You may have NOTHING by mouth, 6 hours before your check-in time.
- Eat **NO** solid food. No milk or milk products.
- Take your usual medications.

If drive time or appointments do not allow morning preparation time, you may take your colon bowel prep at 4PM the day before your exam. Follow the AM Colonoscopy Prep Instructions.

Each patient may respond to the bowel cleansing drink differently. Contact your health care provider if you have questions.

Clear liquids are the following:

- Soda
- Water
- Gelatin (except red)
- Clear chicken or beef broth
- Black coffee or tea WITHOUT milk
- White grape or apple juice

FAILURE TO FOLLOW THESE INSTRUCTIONS MAY RESULT IN A REPEAT EXAM OR CANCELLATION OF YOUR EXAM.

Please remove and leave all jewelry at home.

UPON ARRIVAL TO ENDOSCOPY DEPARTMENT

You will be asked to change into a gown. Your health history will be reviewed and your IV will be started. Then you will be taken to an exam room. Your vital signs will be watched closely during the exam by a registered nurse.

You will receive medication through your vein. This is called intravenous (IV) sedation. The purpose of this medicine is to help you relax and make you more comfortable. It may make you sleepy but you will still be able to communicate with your caregivers.

During the exam, the physician will insert a colonoscope, a thin flexible tube, through your rectum and into your colon. You may have a feeling of abdominal pressure or cramping if air and water are inserted through the tube.

The scope has a small camera that sends pictures to a screen. The endoscope allows the physician to look closely at the inside of the colon for bleeding, inflammation and tumors. There also is an open channel in the scope through which the physician may pass instruments to:

- Sample tissue (biopsy).
- Inject solutions.
- Remove polyps.
- Cauterize tissues.

This exam usually takes between 20 to 40 minutes. When your exam is finished, you will be taken to the recovery area where you will stay for about 30 to 45 minutes.

Your physician will give you the results of your exam by follow-up appointment, phone call or letter.

RISKS ASSOCIATED WITH COLONOSCOPY

Serious problems with these exams are uncommon. Possible problems include perforation (tear through the wall of the bowel) bleeding, infection, or drug reaction. You may discuss all possible problems with your physician.

FINANCIAL QUESTIONS

Ensuring payment for all procedures (and associated costs) is **YOUR RESPONSIBILITY**. Our office will do its best to pre-certify the procedure with your insurance company. We cannot know ahead of time, though, what your part of the cost of the procedure will be. The cost is different for every insurance company and every individual plan. If you have any concerns, you need to contact the customer service department of your insurance provider **PRIOR** to undergoing the procedure. Please remember to inquire about coverage for ancillary services such as the facility fees, anesthesia, and pathology fees.

You understand you are responsible for any deductibles, co-payments, co-insurance or amounts not covered by the Insurance carrier for your procedure. You further understand any collection fees will also be your responsibility. **In addition, you are aware that if you cannot attend your scheduled procedure, you must call at least 48 hours in advance to avoid a \$200 no show fee.**

AFTER THE EXAM

Discomfort

It is normal to feel bloated, have gas cramps and pass large amounts of air. This will last until the air is expelled from your colon, usually the day after your exam.

Medications

You may resume taking your medications unless otherwise instructed.

Activity

Rest for the remainder of the day.

Diet

Resume your regular diet if no other tests are ordered.

WHEN TO SEEK MEDICAL HELP

If you experience any of the following symptoms, call or go to the nearest Emergency Department.

- Pass blood clots or blood colors the toilet water red (some blood with the first bowel movement is normal).
- Constant abdominal pain, with or without blood, up to 14 days after the exam.
- Temperature of 100.4 degrees F. (38 degrees C.) or greater.

If you have any questions about preparing for your colonoscopy or the exam itself, do not hesitate to speak with your physician.

Call 623-772-6999.