

Instructions for your Colonoscopy Morning Procedure

It takes one week to prepare! You must read each page of these instructions completely and carefully at least seven days before your procedure.

Date: _____ with Dr. _____

Register at Patient Registration at (time) _____
the day of your procedure.

Call immediately if you cannot keep this appointment or have any questions.

Your procedure is scheduled in:

- Eau Claire, call 715-838-6020 (After-hours cancellation, call 715-838-3211 and leave a message.)
- Barron, call 715-537-3186
- Bloomer, call 715-568-6845
- Osseo, call 715-838-6020 (After-hours cancellation, call 715-838-3211 and leave a message.)

For questions after normal business hours, call 715-838-3311 and ask for the gastroenterologist on call.

Getting Ready

Colonoscopy is the best way to view the inside of the colon (also known as the large intestine) for bleeding, inflammation, polyps and tumors. Having a cleansed-out bowel is very important.

- You need a prescription for your bowel prep. It has been either sent to you or your pharmacy.
- You must arrange for someone to come with you to and from the colonoscopy and to drive you home. Your colonoscopy will not be completed unless you have someone to drive you home.
- If you have a current copy of your Advance Directive (Living Will or Medical Power of Attorney), bring a copy to place in your medical record, unless you have already done so.
- Check with your insurance company before your procedure to ensure coverage.
- Information about preparing for a colonoscopy is also available on our website. Go to www.mayoclinichealthsystem.org.

At the top of the page, select **Locations**, then select **Wisconsin**, then select **Eau Claire**. On the left side of the page, select **Medical Services** and then **Digestive Care**. Lastly, click on **Procedure Instructions** on the left side of the page.

(Over)

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Seven Days Before Your Procedure

- Stop taking iron medicine, vitamins with iron, fish oils, St. John's wort or any herbal supplements.
- Continue taking your other medications unless otherwise instructed.

Two Days Before Your Procedure

- Absolutely no nuts, popcorn, oatmeal, raw vegetables, whole grain or whole wheat breads, coconut or seeds of any kind. Absolutely no cooked beans, peas, corn, potato skins, breaded or fried meats. See Two Day Food Suggestions.

As of noon the Day Before Procedure

- Drink only clear liquids. Clear liquids include water, broth (clear, fat-free), gelatin, pulp-free juice, ice pops without pulp, carbonated beverages, sports drinks, tea and coffee (sugar is optional). Do not consume any red-colored beverages or gelatins.

Start the colon cleansing preparation as directed below.

Preparing your prep:

- Add lukewarm water to top of the line on the bottle.
- Replace the cap and shake to dissolve the powder.

The solution should now be clear and colorless. Refrigerate or keep at room temperature.

If needed, you may mix these items, EXCEPT anything red, with the liquid prep to help drink it:

- Crystal Light packets
- Any fruit juice that does not have pulp
- Soda

Begin Drinking the Solution around 6 p.m.

- Drink one glass (8 oz.) every 10 to 15 minutes, for a total of 12 glasses. It is important that you drink all 12 glasses.

Day of Colonoscopy

Take your usual medications unless otherwise instructed.

DO NOT eat solid food. Follow only the checked instructions below.

- Begin drinking the prep solution no later than three hours before your scheduled arrival time. Drink one glass (8 oz.) every 10-15 minutes, for a total of 4 additional glasses and until your bowel movement is clear/light yellow
- Nothing to eat or drink after midnight
- Clear liquids up to 6 hours before your check-in time
- Clear liquids up to 2 hours before your check-in time.
- Clear liquids up to your check-in time

We encourage you to keep drinking clear liquids until the time noted above, during and after your bowel preparation.

If you develop a skin rash or itching, **stop drinking the solution and call your health care provider immediately.** These symptoms may be a sign of a serious allergic reaction. If after hours, call the after hours emergency number at 715-838-3311; ask the operator to help you contact your health care provider.

Your Colonoscopy

What to Expect

You will receive medication through a vein, called IV sedation. Even with medications to sedate you and make the procedure more comfortable, you may feel abdominal pressure, cramping or bloating during the colonoscopy.

After the Procedure

You are taken to a recovery area and monitored for about an hour.

- **Effects of sedation:** You may have lapses of memory, slowed reaction time and impaired judgment for 24 hours. Do not assume responsibility for young children or anyone dependent on your care. Avoid making important decisions or signing legal documents. Have a responsible adult stay with you the remainder of the day. Do not drive for 24 hours after the procedure.
- **Discomfort:** It is normal to feel bloated, have gas pains and pass large amounts of air. Walk to help relieve discomfort and/or take a non-aspirin pain reliever containing acetaminophen, such as Tylenol® or generic equivalent, in the recommended dose as needed.
- **Medications:** You may resume taking your medications unless otherwise instructed
- **Activity:** Rest the remainder of the day. After 24 hours, resume your regular activity as you feel able.
- **Diet:** Resume your usual diet when you feel able. Do not drink alcoholic beverages for 24 hours.

Risks of the Procedure

Colon Cleansing Preparations:

- Bloating or cramps
- Nausea or vomiting
- Chills (especially if the solution is refrigerated)
- Irritation of anus

If you have other side effects or if these persist, contact your health care provider.

Serious complications with colonoscopy are rare. Bleeding is one that may occur after polyp removal. A perforation or tear in the lining of the colon also may occur and may require surgery to correct. Before the procedure, discuss possible risks and complications with your health care provider.

Test Results

Ask your health care provider who ordered your colonoscopy how to get your results.

(Over)

When to Seek Medical Help:

Seek emergency medical care if you experience:

- Severe nausea or vomiting
- Continuous abdominal or rectal pain, with or without bleeding, up to 14 days after the colonoscopy
- A temperature of 100.4 degrees Fahrenheit (38 degrees Celsius) or greater