



Department of Gastroenterology
710 Lawrence Expressway
2nd Floor, Dept 240
Santa Clara, Ca 95051
(408)851-2760

INSTRUCTIONS FOR COLONOSCOPY
(Please read instructions 7 days prior to your exam.)

Your appointment is with Dr. _____ on _____ at _____

We are located in the Out Patient Procedure Center, **Dept 240** on the 2nd Floor in the **GREEN AREA** of the new medical office bldg. **Please arrive 60 minutes prior to your appointment. This procedure is scheduled for 2-3 hours. You will be given a sedative (versed) and a pain relief (fentanyl) by intravenous (I.V.) injection. Therefore, after the procedure you will be drowsy, and will need a driver to take you home. Your driver must be present at the start of your procedure. There will be NO EXCEPTIONS and we thank you in advance.**

ONLY IF YOU ARE CURRENTLY TAKING COUMADIN YOU'LL NEED TO STOP IT 5 DAYS PRIOR TO YOUR EXAM. If you have any questions call (408) 851-3939

Seven (7) days prior to your appointment you should discontinue taking iron supplements, baby aspirin, or any arthritis medications such as Motrin, Naprosyn, Aleve, Nuprin, etc. Tylenol is permitted. It is very important for you to discuss with your primary doctor any other medication that you are taking including **Coumadin, Warfarin, Plavix, Insulin, and Diuretics**. All patients on blood pressure medications should continue these medications the day before and as well the day of the procedure for the colonoscopy. Diuretics are the only blood pressure medications that should be stopped the day before and the day of the procedure. **ALL PATIENTS WITH RENAL DISEASE, CONGESTIVE HEART FAILURE, AND/OR DIALYSIS PATIENTS SHOULD CONTACT THEIR PHYSICIAN REGARDING THE LAXATIVE TO BE USED.**

The entire day before your appointment you will need to stop eating all solid foods and be on a clear liquid diet. In general, clear liquids are anything you can see through. If you cannot see through it, it is not clear. Caffeine and alcohol should be avoided because they will dehydrate you. **Only the following items are allowed:** water, vegetable broth, chicken broth, bouillon, consommé, white grape juice, apple juice, cranberry juice, 7-up, Sprite, Kool-Aid, Gatorade, crystal light, Jell-O (yellow, orange, and green only), popsicles, honey, clear or stick candy, mints, and chewing gum.

You will need to purchase (2) 1.5 oz bottles of Fleets Phospho-Soda (Oral saline laxative). This is a non-prescription laxative which can be bought at any pharmacy. Fleets Phospho-Soda is a laxative that will create excessive bowel movements. Do not use a Fleets **enema** or oil-based laxative.

If your appointment is before 11:30AM:

A. At 3:00 pm the day before your appointment, Take one bottle of 1.5 oz Fleets Phospho-Soda into a 4 ounce glass of clear liquid (water,cranberry juice or 7-up) and drink fast or slowly over 10 to 20 minutes. Most people find that mixing the laxative makes it easier to drink. After drinking the first dose of laxative, drink at least seven (7) eight-ounce glasses of clear liquids. The more you drink, the better the effect.

B. At 8:00 pm the evening before your appointment, Take the other bottle of 1.5 oz of Fleets Phospho-Soda into a 4 ounce glass of clear liquid (water, cranberry juice or 7-up) and drink fast or slowly over 10 to 20 minutes. After drinking the second dose of laxative, drink at least seven (7) eight-ounce glasses of clear liquids. The more you drink, the better the effect.

Remember to take your blood pressure medication the day before your appointment and the day of your appointment.

If your appointment is 1:30PM or later:

A. At 7:00 pm the evening before your appointment, Take one bottle of 1.5 oz of Fleets Phospho-Soda into a 4 ounce glass of clear liquid (water, cranberry juice or 7-up) and drink fast or slowly over 10 to 20 minutes. Most people find that mixing the laxative makes it easier to drink. After drinking the first dose of laxative, drink at least seven (7) eight-ounce glasses of clear liquids. The more you drink, the better the effect.

B. Six hours before your appointment, Take the other bottle of 1.5oz of Fleets Phospho-Soda into a 4 ounce glass of clear liquid (water, cranberry juice or 7-up) and drink fast or slowly over 10 to 20 minutes. After drinking the second dose of laxative, drink at least seven (7) eight-ounce glasses of clear liquids. The more you drink, the better the effect.

Remember to take your blood pressure medication the day before your appointment and the day of your appointment.

Do not eat or drink anything (including water) 2 hours before your procedure.

If you have any questions or need to cancel or reschedule your appointment, please call (408)851-2760 Monday through Friday 9:00 am to 5:00 pm.

****If you can't keep your appointment, please call no later than 4 days prior to your appointment so that we may offer your time to other patients who are on our long waiting list.

INFORMATION SHEET FOR COLONOSCOPY WITH POSSIBLE BIOPSY/OR POLYPECTOMY

Your doctor has referred you to the gastroenterology department for colonoscopy with possible biopsy and/or polypectomy. This procedure involves examining the entire colon with a long flexible tube through which we can visualize the colon and rectum, as well as removing tissue if necessary, and/or remove polyps.

You will be given instructions on how to prepare your colon. It is essential that you follow this meticulously so that your colon and rectum will be completely clean of fecal material. This enables us to perform a thorough examination. You will be given pain killing and sedative medication. Then a flexible colonoscope will be gently inserted into your rectum, and carefully guided through the rest of your colon. If any polyps are seen, they can be snared (sort of lassoed with a wire loop) and removed. Alternatively, they can be biopsied (a small piece of tissue removed) with a biopsy forceps. Biopsies and/or polypectomies do not cause pain. We will try to examine your entire colon and rectum and remove any polyps that we may find, and biopsy any suspicious or abnormal areas. The average examination takes about one hour; however, there is a wide variability in this, and it could be as short as half an hour or as long as two and a half hours. We try at all times to minimize any discomfort you might have by giving IV medication.

Any procedure carries risks with it. Colonoscopy with biopsy and/or polypectomy represents a significant advance in our ability to diagnose and treat conditions of the colon and rectum. The risks associated with colonoscopy include:

1. Drug reaction: it is possible, although extremely unlikely, that you might develop a reaction to one of the medication (<0.1%).
2. Perforation of the colon: This occurs rarely. If a perforation were to occur, surgery might be necessary to repair the perforation. Of those few patients who require surgery for perforation, there is about a 1-% risk of death.
3. Bleeding: Significant bleeding may occur from biopsy and/or polypectomies; however, this is rare. It might require blood transfusions and, even more remotely, surgery.

Alternatives of treatment: Most experts now believe that almost all cancers of the colon and rectum begin as polyps. Cancer of the colon and rectum is the most common cancer next to skin cancer. Each year there are more than 100,000 new cases in the United States. If we can find a cancer at an early stage, or if we can remove polyps from patients before they become cancerous, then we could greatly improve the survival from the disease. If you have a polyp, then we might either follow you with periodic x-rays to see whether the polyp is getting larger, risking the possible development of cancer, or we could subject you to an operation to remove the polyp. This operation carries 1-% risk of death.

If you have any questions about the risks of this procedure or alternate treatment, please discuss them with the doctor. Further questions may be answered on the Santa Clara Web page.