

# The Digestive Health Center General Information Colonoscopy

**Welcome to the Endoscopy Suite of the Digestive Health Center.** The information here is designed to give you an overview of what you will experience as you prepare for and have your colonoscopy procedure. This is an important procedure because it can detect colon polyps and cancers. Please read this material carefully. Thank you.

## What is Colonoscopy?

Colonoscopy is the procedure for examining the inside lining of your colon to detect polyps, cancers, or other colonic diseases. Your doctor will maneuver a special flexible instrument called a colonoscope through the inside of your colon. Your doctor may remove a polyp or take a tissue sample if needed during the colonoscopy procedure.

## Getting Ready...

1. If you are taking aspirin, Plavix, Coumadin, or any other blood thinning medications, you should discuss with your doctor whether or not you should stop your medication for 7 days prior to your colonoscopy. If your specific medical condition allows, colonoscopy is safest if performed off these medications. Stop all iron supplementation and vitamins that contain iron for 7 days prior to your colonoscopy. **Please bring a list of your medications** when you come for your colonoscopy procedure.
2. Please bring your insurance information with you to your colonoscopy procedure.
3. You should have liquid and watery bowel movements during the colon cleansing preparation. There should be no solid matter (large stool particles) in your bowel movement at the completion of the cleansing. If you are having irritation such as sore rectum due to the colon cleansing preparation, you may use over the counter products such as Tucks, etc.
4. If your colonoscopy is scheduled between **7:30 AM and Noon**, you should have nothing to eat or drink after midnight the night before. You may brush your teeth in the morning. If your colonoscopy is scheduled between **Noon and 4:00 PM**, you may have a clear liquid breakfast in the morning **before 9:00 AM**. Clear liquid diet includes any liquids such as water, coffee, tea, sodas, Gatorade, broths, Jell-O, and popsicles. Do not drink liquids that are red or purple in color.

5. You will need a driver for this procedure because you will be given a medication to make you sleepy during your procedure. The driver needs to stay at the hospital during your procedure time. **We will not be able to do your procedure unless you have someone with you to drive you home.** You will not be able to work or drive the day of your procedure.
6. The Digestive Health Center is located on the Ground floor (**G**), Reynolds Tower. (See the map which is enclosed.) When you come from the visitor parking lot (orange) level, please walk through the glass breezeway. At the end of the hallway you need to turn right and walk about 150 feet into the hallway. You will see the Digestive Health Center signs. Turn left into the hallway and walk about 50 feet and enter the lobby of the Digestive Health Center. (You may also use the Patient Drop-off area on the Main level as shown on the map. Ask the attendant at the Drop-off area to direct you to the Ground Floor and the Digestive Health Center.)
7. If you need to cancel or reschedule your procedure, please call us **7 DAYS BEFORE YOUR PROCEDURE** at (336) 713-7777 option 2; so that others who are waiting may have the opportunity to use the time set aside for you.

#### **In the Endoscopy Suite...**

1. In a private preparation and recovery room, an IV will be started in a vein in your arm.
2. You will sign a consent form for colonoscopy.
3. You will receive medicine in the IV to help you relax during your procedure. Some patients will be drowsy or sleepy. Some patients do not remember the procedure.
4. You will lie on your left side with your knees gently flexed during the colonoscopy.
5. The procedure time for colonoscopy ranges from 30-60 minutes.
6. After the colonoscopy is completed, you will be monitored in the preparation-recovery room. When you are alert and awake and all of your vital signs are normal, you will be able to leave with your driver.
7. Your doctor may talk with you and a family member after your procedure or at a later visit in the clinic. Because of the medication, you may not remember everything that is said. Feel free to call your doctor to discuss the results again.

## After your Colonoscopy...

1. Sensations of stomach bloating, fullness or discomfort are common. This happens because of the air that was used during your test. You will feel better after you pass gas or burp.
2. If a biopsy was done or a polyp was removed, you may see small streaks or smears of bright red blood in the stool. Call your doctor if you are concerned or the amount increases.
3. Resume your normal diet and medicines as directed by your doctor.
4. Resume your normal routines the day after your colonoscopy unless you receive other instructions from your doctor.

### Signs and Symptoms to Report

CALL YOUR DOCTOR IF YOU HAVE:

- \*Fever of 101 degrees F. or greater
- \*Severe stomach pain
- \*Rectal bleeding
- \*Any concerns about how you feel

### PHONE NUMBERS

For any questions, call the Endoscopy Nurse at (336) 716-8204 from 8:00 AM to 5:00 PM, Monday-Friday.

For emergencies after 5:00 PM or on weekends, please call (336) 716-2011 and ask for the doctor on call for Gastroenterology.

**Now, please review your enclosed specific "INSTRUCTIONS FOR COLONOSCOPY PREPARATION." If you have any questions about your prep instructions, please call the Digestive Health Center Endoscopy Nurse at (336) 716-8204 to answer those questions.**

If there is anything we can do to make your visit more pleasant, please let us know! WE ARE HERE TO HELP. Thank you for choosing the Digestive Health Center for your care.

The Digestive Health Center  
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