

Answers to Common Questions About Colonoscopy

This information is meant to supplement your doctor's instructions.

Call your GI doctor if you have questions or concerns.

CALL PATIENT REGISTRATION PRIOR TO PROCEDURE

Patient Registration (617) 243-6122

FIVE DAYS BEFORE YOUR PROCEDURE:

MEDICATION INSTRUCTIONS:

- Your doctor will provide instructions to stop taking aspirin or anti-inflammatory medications five days prior to the day of your appointment. Tylenol, however, is okay to take.
- If you use blood thinning medications such as Coumadin, Warfarin, Ticlid or Plavix you should follow your GI doctor's written instructions regarding these medications.
- Five days before the procedure you should also stop taking iron.

THE DAY BEFORE YOUR PROCEDURE:

DRINK CLEAR LIQUIDS:

- Unless you are on fluid restriction, the day before your procedure you should only drink clear liquids, and at least 12 glasses throughout the day. Examples of clear liquids include water, apple and cranberry juice, jello, bouillon, black coffee and clear tea.
- Do not eat any solid foods unless told to do so by your doctor.

PREP COMMENTS:

• Follow your GI doctor's instructions regarding how much and when to take the preparation.

- The prep drink should cause your stool to become a clear yellowish liquid.
- Call your GI doctor if you vomit immediately after taking the prep, and an alternative will be prescribed.
- If you have a history of hemorrhoids or rectal pain with bowel movements, you may want to be prepared with an over-the-counter remedy such as Preparation H, Anusol, or Witch Hazel Pads. You could also sit in a warm bath or sitz bath to treat hemorrhoids. Some patients have also found comfort from applying a topical rectal ointment such as Desitin, Balmex, or Vaseline externally to reduce discomfort.
 - Urgency can result from the preparation procedure. Elderly patients especially, may benefit from wearing a disposable underwear pad or *Depends* while taking the prep and driving to the hospital. Soft toilet paper is recommended.
 - If you have a problem with constipation, this prep may not be effective. If you are still passing brown-formed stool after the prep, notify your GI doctor or call (617) 243-6151 before coming to the hospital.
- Your doctor may advise you to take only necessary heart or blood pressure medications with a sip of water on the day of the procedure. It is best to wait until after the procedure to take your daily medications.

• IF YOU ARE ON INSULIN, CALL YOUR DOCTOR FOR INSTRUCTIONS.



NEWTON-WELLESLEY
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PARTNERS
IN CARE

ON THE DAY OF YOUR PROCEDURE:

Please leave all jewelry and valuables at home !

- When you come to the hospital for your procedure, bring the name, dose and frequency of all medications you are taking
- **Three hours prior to your appointment, you should have nothing to eat or drink -- not even water.**
- Arrive at the GI Unit in the Surgical Center 30 minutes before your appointment unless otherwise instructed by your doctor. Unplanned emergencies may cause a delay for your procedure. We will keep you informed if this happens.
- The procedure takes only 10 to 30 minutes, but plan on being in the GI Unit for 2 hours due to recovery time.

TRANSPORTATION HOME:

- You cannot drive for the remainder of the day following your procedure.
- You must have an adult take you home from the hospital.
- Public transportation is not allowed, and taxis are only acceptable if you are accompanied by an adult.
- If you need a ride home following your procedure please see resources listed at right.
- You will not have the procedure unless proper transportation arrangements have been made in advance.
- You must have a ride home prior to 6 PM if you have an afternoon appointment.
- Drivers who wait at the hospital can park in the Surgical Center garage.

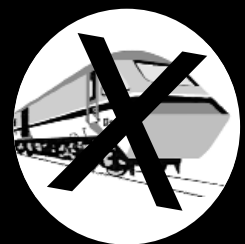
DISCHARGE PROCESS:

When you're ready to leave, we will call your escort, or inform them if they are waiting in the GI Unit lobby. They will be asked to bring the car to the front door of the Wikstrom Surgical Center. We will instruct your driver to leave their car at the Surgical Center entrance, walk down the hallway to the GI Patient Education Room, and pick-up the black housephone to notify the recovery room staff. You will be escorted to meet your driver there.

WRITTEN DISCHARGE INSTRUCTIONS:

- Sedation could make you forgetful immediately after the procedure. Your doctor will give you written results and instructions rather than speaking to you in person. This written information will include the findings of your tests, recommendations for follow-up if necessary, and information about when to call your doctor for a biopsy or lab results if needed.
- Discharge instructions will contain a phone number to call if you have any problems once you return home, and post-procedure diet and activity instructions.
- We advise that you rest and replenish yourself with liquids and nourishing food. It is normal to feel weak, tired and even slightly intoxicated or dizzy following the procedure. Most people feel well enough to eat usual foods once they are home.

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**You may not
use public
transportation
to get home
following
this procedure.**

**Need a Ride
Home?**

**Suburban Home
Care Medride Corp.
1-(866) 633-7433**

**Home Instead
Senior Care
1-(866) 969-0200**

**Wellesley Coach
(781) 489-6500**