

Your procedure will be at Humboldt County Memorial Hospital on:

- **HCMH will call you 2-3 days** prior to your procedure with your arrival time and to answer any questions you may have.
- Our team will update you on current masking requirements.
- You may need to have COVID testing complete before your procedure if you are: (1) presenting with any COVID-19 symptoms or (2) have had close contact with someone testing positive within the last 10 days or (3) at the providers discretion. We will complete the test the day of your procedure once checked in.
- HCMH surgery department phone number is 515-332-7669.
- Humboldt County Memorial Hospital 1000 North 15th Street Humboldt, IA 50548

What is a Colonoscopy?

- A colonoscopy is a procedure which allows the physician to directly observe the lower GI tract by passing a flexible scope with a light source through the rectum and into the colon. This allows the physician to diagnosis various GI disorders such as bleeding & inflammation, remove any polyps or tumors, and obtain samples for biopsy as well as screen for preventative care.

What will happen?

- After you register, you will put on a hospital gown, the nurse will complete an assessment, and an IV will be started. Prior to the procedure sedation will be given through the IV in the exam room. During the exam you will lay on your left side & may feel some cramping. After the exam you will recover about 1 hour. Your stay will be anywhere from 3-5 hours.
- Please bring a list of your medications as well as your insurance cards.

BEFORE THE PROCEDURE:

1. Purchase your prep at your pharmacy
2. Pre-certify with your insurance company if needed
3. Arrange for a driver after the procedure (the hospital does have a bus if transportation is needed. 515-332-4200)

CONSIDERATIONS:

1. Do you take a blood thinner? If yes, we need to contact your prescribing physician and hold the medication for the recommended amount of time before the procedure.
2. Are you diabetic? If yes, do not take any insulin or medication the morning of the procedure.
3. Do you take iron medication or a multivitamin? If yes, do not take this medication 5 days prior to the procedure.
4. Do you have a mechanical heart valve or an artificial joint within the last 2 years? If yes, you may need an antibiotic prior to the procedure.

COLONOSCOPY CHECKLIST

Before you start, please read these instructions carefully

STEP 1.

On **TUESDAY** you are to be on a **clear liquid only** diet, you may have as much of these as you like, until midnight. This includes:

- Strained fruit juices without pulp (apple, white grape, lemonade) water, clear broth, coffee or tea (without creamer), dark colas (Pepsi, Coke, ect), Any of the following **(NO RED OR PURPLE)** Gatorade, carbonated and non-carbonated soft drinks, Kool-Aid, other fruit flavored drinks, plain Jell-O (no added fruit or topping,) and popsicles.
- Please do not limit your fluids to water only. Drink beverages with some calories. Calories will help you tolerate the prep better.

STEP 2.

BEGIN YOUR PREP ON TUESDAY AT 1:00PM.

- Do not take any medications within 1 hour of starting to drink the prep solution.
- Take all 5 Dulcolax tablets at once at 1:00PM Tuesday.
- Mix the gallon of Golytley as prescribed on the bottle and refrigerate.
- Drink half of the gallon of Golytley prep at 4:00PM Tuesday.

STEP 3.

BEGIN YOUR NEXT PREP ON WEDNESDAY AT 4:00AM.

- Drink the remaining half gallon at 4:00AM on the day of your procedure.
- Do not take any other medications within 1 hour of starting to drink the prep solution.