

Your procedure will be at Humboldt County Memorial Hospital on:

- **HCMH Surgery Department will call you 3–5 business days prior** to your procedure to discuss your arrival time and to answer any questions you may have.
- Our team will update you on current masking requirements.

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

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

CONSIDERATIONS

- 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.
- Are you diabetic? If yes, do not take any insulin or medication the morning of the procedure.
- Do you take iron medication or a multivitamin? If yes, do not take this medication 5 days prior to the procedure.
- 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 THE DAY BEFORE YOUR PROCEDURE AT 4:00PM

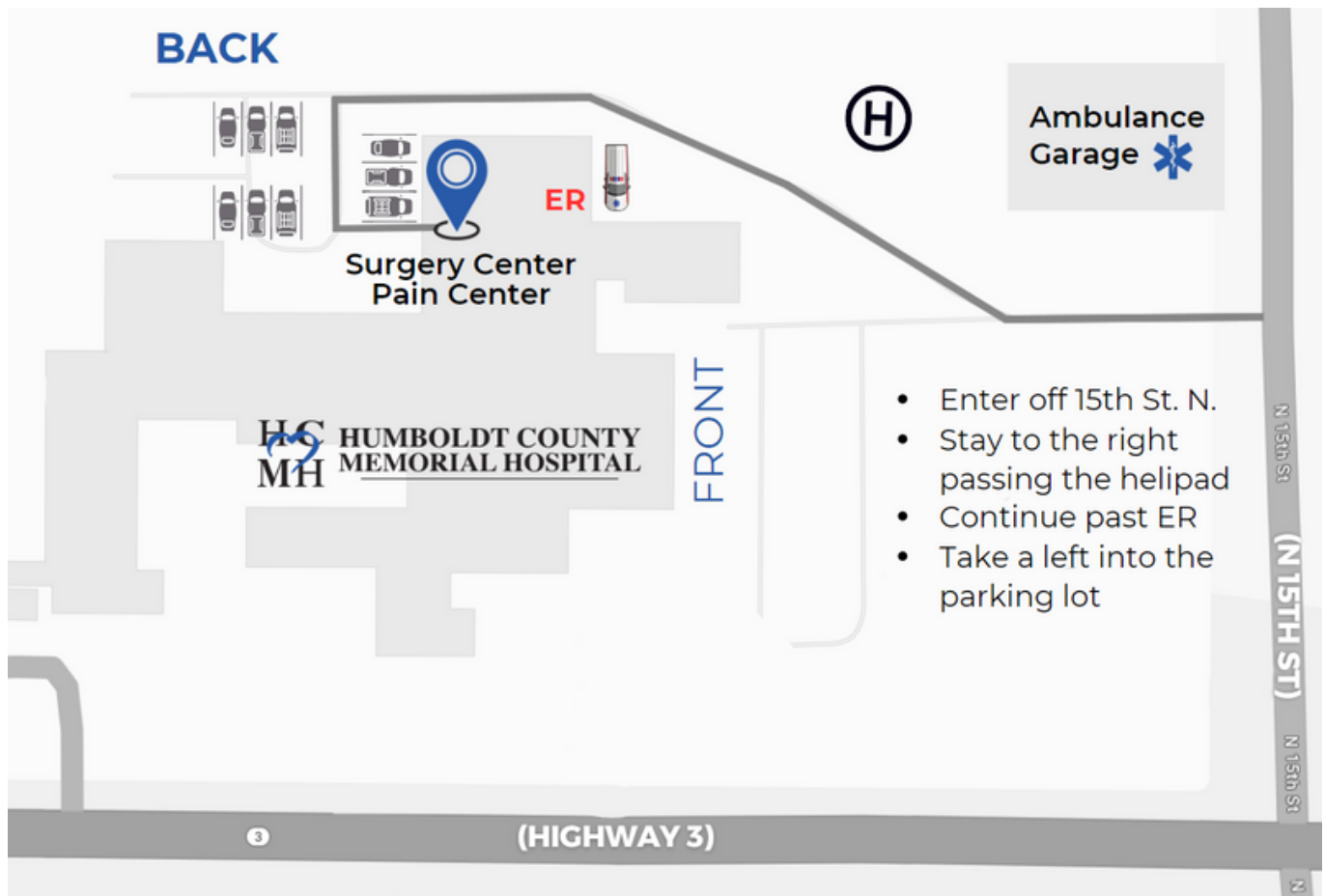
- Do not take any medications within 1 hour of starting to drink the prep solution.
- Pour (1) 6oz bottle of Suprep solution into the mixing container and add cool drinking water to the 16 oz line on the container and mix. Drink all of the liquid in the container. Then you must drink 2 additional 16oz glasses of water over the next hour.

STEP 3.

BEGIN YOUR NEXT PREP THE DAY OF YOUR PROCEDURE AT 4:00AM, OR 5 HOURS PRIOR TO YOUR ARRIVAL TIME, PENDING NURSE INSTRUCTION.

- Follow the same instructions as listed under Step 2. with the second 6oz bottle of Suprep solution.
- Do not take any other medications within 1 hour of starting to drink the prep solution.

Additional Instructions:



To the left is a picture of our entrance (located on the back side of the hospital).



If you get lost or have questions **please call us at 515-332-7669.**