

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?

- The purpose of a colonoscopy is to look inside your large intestine (also called your colon). Once you are in the Endoscopy suite you will be given intravenous medication to make you sleepy. The doctor will pass a flexible tube that has a small camera and light to see the inside of your colon on a TV monitor. The doctor can take biopsies of abnormal areas and remove any polyps. After the procedure is complete you will go back to your recovery room to sleep off the medication.

WHY IS IT IMPORTANT TO CLEAN OUT THE BOWEL PRIOR TO YOUR COLONOSCOPY

- If the inside of your colon is not clean, the doctor may not be able to see abnormal areas or polyps and there is the possibility that something important could be missed. For these reasons the test would have to be repeated. This would mean taking the bowel preparation and doing the colonoscopy again, at another time. It is important that you take the bowel preparation as instructed.

5 DAYS PRIOR TO YOUR COLONOSCOPY

- Non-steroidal anti-inflammatory drugs (i.e., Advil, Aleve, Motrin, or any products containing Ibuprofen and aspirin should be discontinued five (5) days prior to the colonoscopy.
- Herbs, vitamins, stool bulking agents, aspirin and iron supplements should be discontinued five (5) days prior to your colonoscopy.
- If you are on blood thinners, such as Plavix (clopidigrel), Coumadin (warfarin) or other blood thinning/anticoagulation medications, you should discuss this with your doctor. These medications will need to be held prior to your colonoscopy.

3 DAYS BEFORE YOUR COLONOSCOPY

- It is recommended you begin a low fiber diet. This means no vegetables, fruits, or grains (such as whole grain bread, popcorn, or oatmeal.)

AFTER YOUR COLONOSCOPY

- Because you will be sedated for this procedure you will need to bring an adult (18 years or older) to be available in the waiting room, during the procedure, and to drive you home. You will not be able to drive or return to work until the next day.
- After the procedure, you can resume your normal diet.

Frequently Asked Questions

What are the side effects of the bowel preparation?

- You will have diarrhea while you are taking the bowel preparation so plan to stay home while taking this medication. Most people have some bloating and abdominal discomfort, this is normal. Some people may even experience nausea, this is normal. Some people do not like the smell or taste of the colon prep. Please understand that it is important to take this bowel preparation as instructed. **DO NOT SUBSTITUTE THE GATORADE FOR ANY OTHER DRINK.** Rarely, some people will vomit while taking the preparation. If this happens, stop taking the preparation and call our office. During normal business hours you can contact the surgery clinic at 515-332-7669

How do I know when the bowel preparation is working?

- You should be passing stools that is watery with only a few particles.

Should I be concerned if the bowel preparation hasn't started working yet?

- All people respond differently. Diarrhea can start anywhere from a few minutes to a few hours after starting the prep. If you are not having a response, be sure you are drinking fluids per instructed. Take the second part of the prep the morning of your procedure as instructed. If you are still not getting results call our office at 515-332-7669.

Do I take my normal medications?

- The day before your procedure you are to take medications as you normally do, unless instructed otherwise. Note the medication restrictions listed "5 days prior to your colonoscopy". You are to take any blood pressure, heart or seizure medications as you normally do the morning of the colonoscopy with a sip of water.

How long will the procedure take?

- Approximately 60 minutes. Allow 3 to 5 hour for the entire process.

Can I drive myself home after the colonoscopy?

- No, you will receive medication to make you sleepy during the procedure. You cannot drive or return to work or school until the next day. You will need an adult (18 or older) to be available in the waiting room, during the procedure, and to drive you home.

Colonoscopy Checklist

Before you start, please read these instructions carefully

You will need to purchase the following:

- **Dulcolax (bisacodyl)** 5mg tablets, over-the-counter, (you will need 4 tablets)
- **Miralax (polyethylene glycol)** bottle 238 grams, over-the-counter
- **Gatorade (64 oz)** – (not red, blue, or purple) or you can purchase two 32 oz bottles.

One Day Before Your Colonoscopy:

Drink only clear liquids all day. Solid food, milk or milk products are not allowed. Drink at least 8 ounces of clear liquid every hour from 11:00am to 5:00pm.

- Clear Liquids include: (nothing red, purple, or blue in color)
 - Strained fruit juices without pulp
 - Kool Aid and/or other fruit flavored drinks
 - Water
 - Plain Jell-O (without added fruit or toppings)
 - Clear broth or bouillon
 - Coffee or tea (without milk or non-dairy creamers)
 - Carbonated and non-carbonated soft drinks
 - Ice popsicles
- **12:00PM (noon):** take 4 (5mg) Dulcolax tablets with water
- **4:00PM:** mix the entire bottle of Miralax into the 64 ounces of Gatorade (or put half the bottle in each 32 ounce bottle of Gatorade.) Shake the solution until fully dissolved. You will drink half of the Gatorade mixture and save the other half for the morning of your colonoscopy. Drink an 8 ounce glass every 15 minutes until the solution is gone. Nothing by mouth after midnight, except for the bowel preparation and any medications your doctor has instructed you to take.

Day Of Your Colonoscopy:

Check into surgery department reception for your procedure, the surgery department will call you with your arrival time.

Do not take anything by mouth except for the bowel preparation and any blood pressure, heart or seizure medication as you normally do with a sip of water.

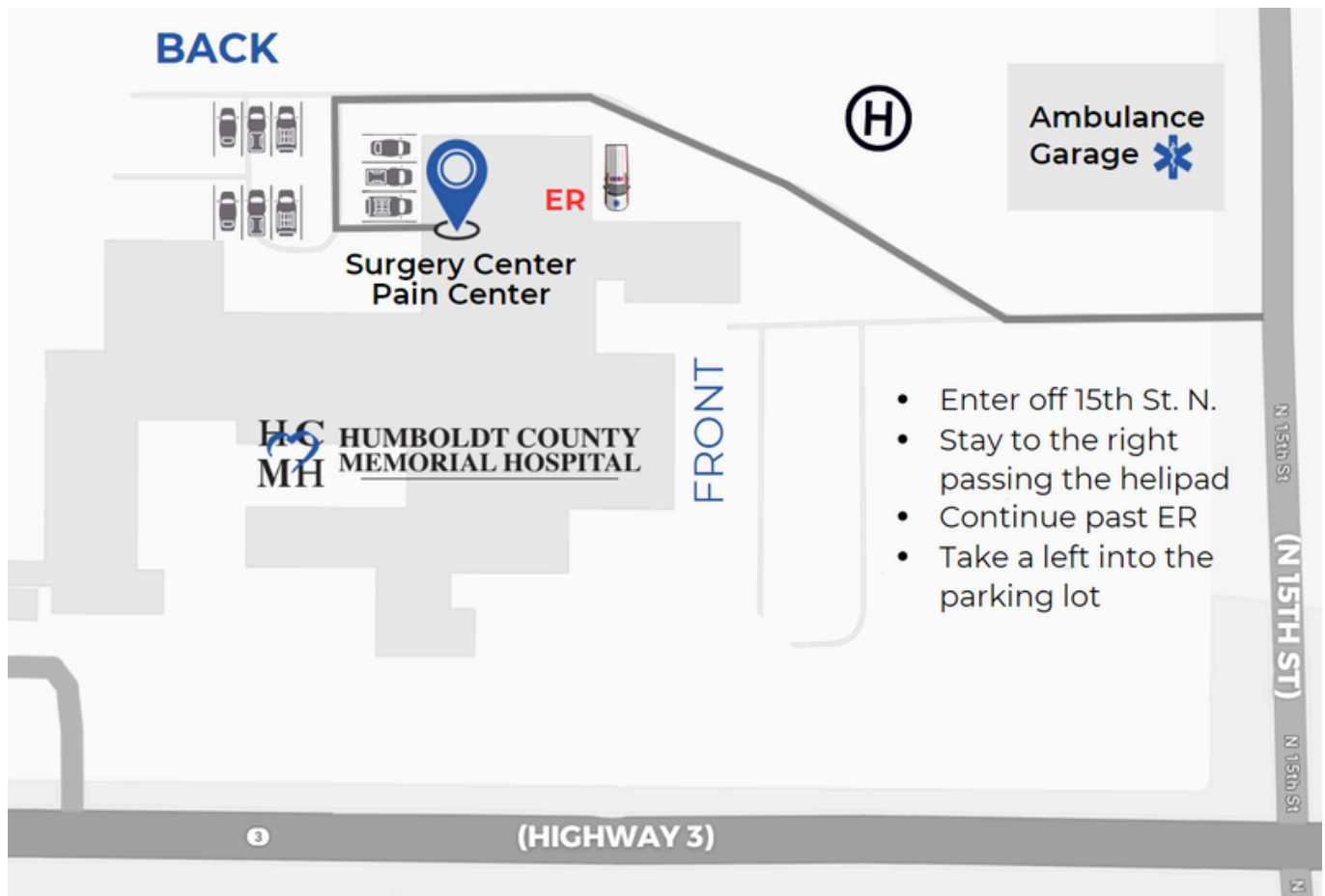
5 hours prior to your scheduled colonoscopy time, take the other 32 ounces of Gatorade/Miralax. Drink an 8 ounce glass every 15 minutes until the solution is gone. **THIS MUST BE COMPLETED AT LEAST 3 HOURS PRIOR TO THE SCHEDULED COLONOSCOPY TIME.**

If you have an ileostomy or colostomy and the plan is to scope your rectum also, the evening before your colonoscopy you will need to take a rectal fleet enema. This can be purchased at any pharmacy. After you have given yourself the enema, save the fleet container. The morning of surgery, fill the container with warm water and take another warm water enema 1 hour before leaving for the hospital.

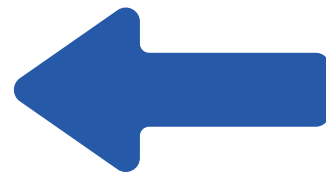
After the procedure you can resume your normal diet as tolerated.

If you have any questions, please contact the HCMH Surgery Department at 515-332-7669

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.**