



Patient Instructions for Colonoscopy

OVERVIEW

You have wisely chosen to have a colonoscopy. This procedure is very important in the prevention of colon cancer as precancerous lesions may be diagnosed and often removed.

The procedure is performed using sedatives (anesthesia), which places the patient in a “twilight” sleep and permits the procedure to be completed more comfortably. Some select patients may elect to refuse the sedating medicine. This decision is patient and physician dependent. Please discuss your wishes with your physician.

The preparation for the colon is designed to remove the stool which coats the wall of the colon. This optimizes visualization of any abnormalities of the lining of the colon. It is very important that these instructions are strictly followed because the alternative is repeating the preparation and scheduling a repeat colonoscopy.

BEFORE COLONOSCOPY

Scheduling Considerations:

Prior to scheduling your colonoscopy, you will need to make arrangements to have someone come with you to drive you home. You should read the bowel preparation instructions to ensure that you will be able to complete the preparation as directed. Should a polypectomy or biopsy (removal of a small growth) be required, you should avoid strenuous activity for 5-7 days.

Preparations:

There are many options for patients who are taking the “bowel cleansing” medications. The website has links for the 3 different bowel preparations. Your physician will indicate which one you should take.

Medications:

Many medications affect your blood’s ability to clot properly and could increase your tendency to bleed. Please discuss with your physician the reason you are taking any of these blood thinning medications in order to tailor your instructions to most safely prevent any bleeding or clotting complications.

If instructed by your physician, stop taking aspirin, non-steroidal anti-inflammatory medicines, or Coumadin for **five (5) days before and after** the procedure. All herbal supplements should be stopped **two (2) weeks before and after** the procedure.

If you are taking any medications, inform your physician at the time of scheduling your colonoscopy. If you are taking medications (especially non-prescription medicines) please read the labels carefully to ensure that they do not contain aspirin (Acetylsalicylic Acid) or a non-steroidal anti-inflammatory (NSAID) as an ingredient. A table is provided at the end of this document which lists some of these medications.

Diabetics:

If you are taking insulin, you may take ½ the dose on Day 2 of your bowel preparation AND NOTHING on the morning of your surgery. Make sure you check your blood sugar frequently over those days and use your insulin sliding scale as directed. If you are taking a “diabetes pill” you may skip it the morning of surgery.

DAY OF PROCEDURE

In the morning, you may take any cardiac or blood pressure medications with a sip of water. Discuss with your physician which medications she recommends you take.

After Colonoscopy:

After the procedure: Eat lightly to avoid nausea or vomiting. Take a nap to “sleep off” residual sedation effects. If a biopsy was performed, avoid strenuous activity and all above listed blood thinners for 5 days. Also avoid out-of-area travel for 7 days.

I am honored that you have decided to include me in your healthcare needs. I consider this a precious trust and am committed to your well-being and complete recovery.

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Common Medications Containing Aspirin (Acetasalicylic Acid)
or
Non-Steroidal Anti-inflammatories

Common Aspirin-Containing Medications			
Aspirin	Coricidin	Four-way Cold	Roxirin
Alka Seltzer	Darvon Compound	Gelpirin	Sine Aid
Anacin	Darvon with ASA	Halfprin	Sine Off
ASA	Dristan	Lortab with ASA	Synalogs-DC
Ascriptin	Ecotrin	Midol	Talwin Compound
Aspergum	Empirin	Norgesic	Trigesic
Baby or Children's Aspirin	Endodan	Oxycodone with ASA	Vanquish
Bufferin	Equagesic	Percodan	
BC Powder	Excedrin	Phenaphen	
Congesprin	Fiorinal	Robaxisal	

Common Medicines Containing Non-steroidal Anti-inflammatory Ingredients			
Advil	Celebrex	Naprosyn	Relafen
Aleve	Ketoralac	Naproxen Sodium	Toradol
Ibuprofen	Motrin		