

BRONX LEBANON HOSPITAL CENTER  
GASTROENTEROLOGY ENDOSCOPY SUITE  
1650 GRAND CONCOURSE  
THIRD FLOOR (TERCER PISO)

INFORMACION PARA EL PACIENTE ANTES DE LA COLONOSCOPIA

PATIENT'S NAME: \_\_\_\_\_

PHYSICIAN'S NAME: \_\_\_\_\_

DATE OF COLONOSCOPY: \_\_\_\_\_ TIME: \_\_\_\_\_

PARA AYUDARNOS A HACER SU LLAMA DE LA COLONOSCOPIA MAS PLACENTERO Y COMODO COMO SE POSIBLE, POR FAVOR SIGA LOS SIGUIENTES INSTRUCCIONES:

PARE SU CITA ANTES HECHE, HAGA LOS ARREGLOS NECESARIOS PARA TENER UNA PERSONA ESPERANDALE ANTES Y DESPUES DEL PROCEDIMIENTO. USTED NO PODRE

INSTRUCCIONES ESPECIALES:

- CONSULTE CON SU DOCTOR PARA DETERMINAR CUAL DE SU MEDICINA REGULAR PUEDE TOMAR EN EL DIA DE SU COLONOSCOPIA.
- PONGASE ROPA, COMFORTABLE QUE LE SEA FACIL DE QUITARSE Y PONERSE. DEJE TODAS SUS PRENDAS, DINERO Y OTRAS COSAS DE VALOR EN SU CASA.
- SE LE DARA 2 RECETAS. UNA ES PARA GOLYTELY O ALGO SIMILAR Y LA OTRA ES DULCOLAX (BISCODYL) EN TABLETS. USTED TOMARA LAS TABLETAS LA NOCHE ANTES DE EL EXAMEN.

INSTRUCCIONES DE LA DIETA:

- NO BEBA O COMA NADA DESPUES DE LA MEDIA NOCHE, EN LA NOCHE ANTES DE LA EXAMEN (COLONOSCOPIA).

INSTRUCCIONES DE GOLYTELY:

- SIGA LA INSTRUCCIONES EN EL CONTAINER DE GOLYTELY.
- REFRIGERE SOLUCION POR 3-4 HOURS ANTES DE TOMARLA.
- EMPIENZE A TOMAR LA SOLUCION EMPRANO COMO A ( LA 12 PM OR 1 PM) POR LA TARDE.
- BEBA TODA LA SOLUCION ANTES DE LAS 7 PM OR 8 PM.
- A LAS 9 PM DE LA NOCHE, EL DIA ANTES DE LA COLONOSCOPIA, TOME DE 4 TABLETS DE DULCOLAX (BISCODYL).

SI USTED TIENE ALGUNA PREGUNTA, POR FAVOR LLAMAR EL CUARTO DE ENDOSCOPIA A (718) 518-5550 ENTRE LAS 2 Y 4 DE LA TARDE.

# DIETA DE LÍQUIDOS CLAROS

Esta dieta consiste en líquidos que dejan pocos residuos y se absorben fácilmente, con mínima actividad digestiva. Es inadecuada con respecto a nutrientes esenciales y se recomienda únicamente si existe la necesidad temporal de consumir sólo líquidos claros. ¡No se deben consumir líquidos rojos ni morados!

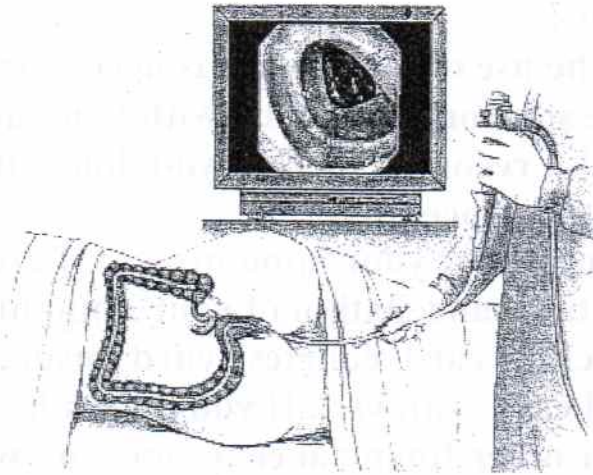
Grupo de alimentos	Alimentos permitidos	Alimentos prohibidos
Leche y bebidas <i>¡Bebidas rojas o moradas prohibidas!</i>	Té (descafinado o normal), bebidas gaseosas, bebidas con sabor a frutas	Leche, bebidas lácteas
Carnes y sustitutos de carne	Ninguno	Todos
Verduras	Ninguno	Todos
Frutas y jugos de fruta	Jugos de fruta sin pulpa: manzana, uva blanca, limonada	Jugos de fruta con pulpa
Granos y almidones	Ninguno	Todos
Sopas	Caldo claro, consomé	Todos los demás
Postres	Gelatinas claras con sabores diversos, helados de agua ("popsicles") ( <i>Sabores rojos o morados prohibidos</i> )	Todos los demás
Grasas	Ninguno	Todos
Otros grupos de alimentos	Azúcar, miel, almíbares, caramelos duros claros, sal	Todos los demás
<b>Desayuno</b>	<b>Almuerzo</b>	<b>Cena</b>
4 oz. (115 gr) Jugo de uva blanca	4 oz. (115 gr) Jugo de manzana	4 oz. (115 gr) Limonada
6 oz. (170 gr) Caldo claro	6 oz. (170 gr) Caldo claro	6 oz. (170 gr) Caldo claro
Jell-O® (Gelatina)*	Jell-O® (Gelatina)*	Jell-O® (Gelatina)*
Té	Té	Té

\*Simple solamente, sin frutas ni coronamientos

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# What Is a Colonoscopy?

Colonoscopy (Greek *kolon* = large intestine; *skopein* = to watch) is a diagnostic procedure during which a doctor – usually gastroenterologist – inspects the inner lining (mucosa) of your colon and rectum by a flexible viewing tube – colonoscope - that has a camera and light on the end (Picture 1). Colonoscopy may be done in a hospital or in an outpatient office.



Picture 1. Colonoscopy

Hemorrhoids, diverticula, bleeding, polyps, tumors (colorectal carcinoma, lymphoma), inflamed mucosa, ulcers or fibrous tissue can be detected in the colonic or rectal mucosa. Few inches of the last part of the small intestine, commonly affected by Crohn's disease, can be also checked.

## Colonoscopy Procedure

You will lie on the examining table on your left side and doctor will check your rectum with a gloved finger for eventual obstruction. Doctor will then administer the colonoscope through your anus into the colon and gently advance it toward the end of the colon. Then he will slowly pull the colonoscope out while observing the inner side of the colon. If necessary, doctor will perform a biopsy (cut some small pieces of colonic tissue for further investigation), stop the bleeding or remove the polyp. Investigation lasts about 30-45 minutes or more, depending on what needs to be done.

### How Does It Feel?

Many patients are not even aware of the procedure after they wake up from sedation. You may experience some cramping and urge to defecate (but you will have an empty bowel so this is not a problem). Rarely, some patients experience pain to the point where procedure must be discontinued.

### After the Procedure

After investigation, you will rest for about an hour or two to completely wake up. After discussion with the doctor, you may go home. You may experience some cramping or bloating (due to inflated air during the procedure) for the next day or two.

### Results

Right after the procedure, doctor can tell you what he has seen and what procedures or treatment he has performed. Biopsy samples are sent to pathology laboratory and doctor can inform you about results in a week or so.

**Complications**  
Colonoscopy is generally a safe procedure and complications are rare (2):

- Bleeding may appear (and in most cases can be stopped) during the procedure or as late as a week later; it usually stops spontaneously but sometimes another colonoscopy is needed.
- Arrhythmia, mostly due to side effect of sedatives

### **General Instructions :**

1. Because of the use of sedation, it is necessary that you plan to have someone else come with you and drive you home. We also recommend that you don't drive for 24 hours after the procedure.
2. Arrive promptly for your appointment. Late arrive may necessitate cancellation of your appointment.
3. Bring your clinic card, courtesy card, insurance card or Medicaid card with you. If you do not have insurance or other financial coverage, you will need to make financial arrangement ahead of time in the Business Office before the day of your exam.
4. If you have any question, call our office.