

BRONX LEBANON HOSPITAL CENTER
GASTROENTEROLOGY ENDOSCOPY SUITE
1650 GRAND CONCOURSE
THIRD FLOOR

PATIENT'S NAME: _____

PHYSICIAN'S NAME: DR. _____

DATE OF COLONOSCOPY: _____ TIME: _____

PRE-COLONOSCOPY PATIENT INFORMATION

TO ASSIST US IN MAKING YOUR COLONOSCOPY AS PLEASANT AND AS COMFORTABLE AS POSSIBLE, PLEASE FOLLOW THESE INSTRUCTIONS:

FOR YOUR SCHEDULED PROCEDURE DATE, MAKE ARRANGEMENTS TO HAVE AN ESCORT OR A RESPONSIBLE ADULT ACCOMPANY YOU TO AND FROM THE HOSPITAL. YOU WILL NOT BE ABLE TO DRIVE AN AUTOMOBILE OR RETURN TO WORK AFTER THE TEST. PLEASE SCHEDULE A DAY OFF FROM WORK ON YOUR COLONOSCOPY PROCEDURE DAY.

SPECIAL INSTRUCTIONS:

- CONSULT WITH YOUR PHYSICIAN TO DETERMINE WHETHER YOU SHOULD TAKE ANY REGULARLY SCHEDULED MEDICATIONS ON THE DATE OF THE EXAMINATION.
- WEAR COMFORTABLE CLOTHING THAT IS EASY TO REMOVE AND PUT ON. LEAVE ALL JEWELRY, MONEY AND OTHER VALUABLES AT HOME.
- YOU HAVE BEEN GIVEN 2 PRESCRIPTIONS. ONE IS FOR A GALLON CONTAINER NAMED GOLYTELY AND THE OTHER IS FOR 4 DULCOLAX (BISCODYL) TABLETS.

THE DAY BEFORE THE TEST: DATE:

YOU WILL NEED TO CLEAN OUT YOUR COLON TO GET READY FOR THIS TEST.

GOLYTELY INSTRUCTIONS:

- FOLLOW THE INSTRUCTIONS ON THE GOLYTELY GALLON CONTAINER.
- REFRIDGERATE THE SOLUTION FOR 3-4 HOURS BEFORE DRINKING.
- START DRINKING THE GOLYTELY SOLUTION AS EARLY IN THE AFTERNOON AS POSSIBLE. START DRINKING THE SOLUTION ABOUT 12 PM OR 1 PM AND TRY TO DRINK ALL BY 7 PM OR 8 PM.
- AT 9 PM, TAKE THE 4 DULCOLAX (BISCODYL) TABLETS WITH A GLASS OF WATER.
- UNTIL MIDNIGHT, YOU MAY DRINK CLEAR LIQUIDS AFTER TAKING ALL OF THE GOLYTELY. CLEAR LIQUIDS ARE GELATIN, CLEAR BROTH, COFFEE OR TEA WITHOUT MILK, APPLE JUICE OR WHITE GRAPE JUICE. YOU MAY ALSO DRINK CLEAR SODA, SUCH AS GINGER ALE OR 7-UP. AVOID RED, PURPLE OR ORANGE JUICES OR GELATINS.
- DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT.

IF YOU HAVE ANY QUESTIONS, PLEASE CALL THE
ENDOSCOPY SUITE AT (718) 518-5550 BETWEEN 2 AND 4 PM.

CLEAR LIQUID DIET

This diet provides fluids that leave little residue and are easily absorbed with minimal digestive activity. This diet is inadequate in all essential nutrients and is recommended only if clear liquids are temporarily needed. No red or purple liquids should be consumed!

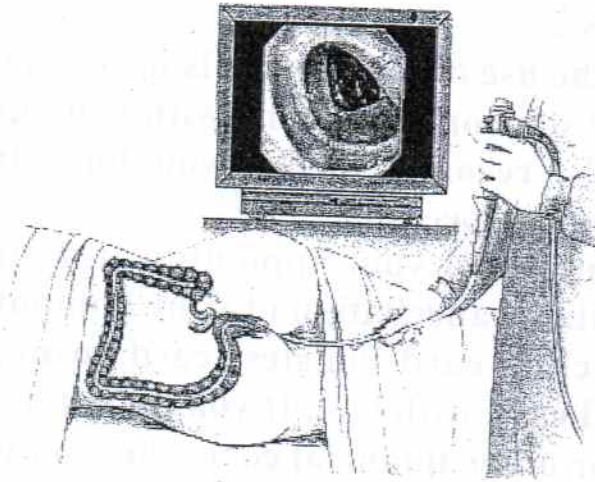
Food Group	Foods Allowed	Foods to Avoid
Milk & beverages <i>No red or purple liquids!</i>	Tea (decaffeinated or regular), carbonated beverages, fruit flavored drinks	Milk, milk drinks
Meats & meat substitutes	None	All
Vegetables	None	All
Fruits & fruit juices	Strained fruit juices: apple, white grape, lemonade	Fruit juices with unstrained fruit
Grains & starches	None	All
Soups	Clear broth, consomme	All others
Desserts	Clear flavored gelatin, popsicles (<i>no red or purple flavors</i>)	All others
Fats	None	All
Miscellaneous	Sugar, honey, syrup, clear hard candy, salt	All others
Breakfast	Lunch	Dinner
4 oz. White grape juice	4 oz. Apple juice	4 oz. Lemonade
6 oz. Clear broth	6 oz. Clear broth	6 oz. Clear broth
Jell-O®*	Jell-O®*	Jell-O®*
Tea	Tea	Tea

*Plain only, no fruit or toppings

Jell-O is a registered trademark of Kraft General Foods, Inc.

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.

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.