

PATIENT INSTRUCTIONS

2 DAY COLONOSCOPY/GASTROSCOPY with GoLytely (peg3350/electrolytes)

Patient: _____ Appointment Date: _____
Arrival Time: _____ am/pm Provider: _____
Additional Instructions: _____

What is a Colonoscopy?

A colonoscopy enables your physician to examine the lining of your colon (large intestine) for abnormalities by inserting a flexible tube into the rectum and colon. This allows the physician to get a close-up view of the inside of your colon. Any lesions or abnormalities, such as polyps, which are too small to be seen on X-ray, can be removed and biopsied.

What can I expect during a Colonoscopy?

A colonoscopy is generally well tolerated. You may feel pressure, bloating or cramping during the procedure. You will receive medication to make the procedure more comfortable. You will be positioned on your left side and may be asked to turn during the procedure. Our highest priority is performing the most careful and safest possible examination for each and every patient. **Although we strive to remain on schedule, please understand that some procedures take longer than others. We ask for your patience and that you allow 3-4 hours for check in, procedure and recovery.**

What are polyps and why are they removed?

Polyps are abnormal growths in the colon lining that are usually benign (non-cancerous). They vary in size from a tiny dot to several inches. Your physician can't always tell a benign polyp from a malignant (cancerous) polyp by its outer appearance, so the polyp is sent in for examination. Colon cancer begins in polyps and removing them is an important means of preventing colorectal cancer. Polyps are removed during the exam by the physician.

What are the possible complications of a Colonoscopy?

A colonoscopy is a safe procedure, with serious complications occurring less than 1% of the time. One possible complication is a perforation, or tear, through the bowel wall that could require surgery. Bleeding might occur at the site of biopsy or polyp removal, but it is usually minor. Another complication could be reactions to medicine. Although complications after a colonoscopy are uncommon, it's important to recognize early signs of possible complications. You will be given written discharge instructions after your colonoscopy.

What is a Gastroscopy (upper endoscopy)?

A gastroscopy enables your doctor to examine the esophagus, stomach, and duodenum (first part of the small bowel) with a flexible instrument. It is useful in looking for sources of bleeding, pain, or abnormalities seen on x-ray.

What can I expect during a Gastroscopy?

Efforts are made to keep you comfortable. You will need to be positioned on your left side. Some gagging may occur so the throat may be numbed with a spray. A mild sedative is often used to help relax you.

What preparation is required?

The stomach should be completely empty to allow the physician a good view. If the stomach isn't empty, the procedure may have to be rescheduled.

What are the possible complications of a Gastroscopy?

Complications are rare but can occur. Whenever foreign bodies or polyps are removed, there is chance of bleeding and/or perforation. Other complications which can occur are aspiration, cardiac arrhythmia, fainting, and reactions to medications. A slightly irritated throat is not uncommon. Overall, this is a very safe and valuable procedure. You will be given written discharge instructions after your gastroscopy.

Advance Directives:

If you have an Advance Directive bring a copy with you. If you have a "do not resuscitate" Advance Directive, Mankato Clinic Endoscopy Center honors the Directive on a **limited** basis; Mankato Clinic Endoscopy Center staff, under the direction of the physician, will aggressively treat and transfer you to the Mayo Clinic Health System Mankato hospital in the event of deterioration. If you bring a copy of your Advance Directive it will be transferred with you. The Mankato Clinic Endoscopy Center declines to implement elements of the Advance Directive on the basis of conscience or any other reasons permitted under the State Law.

Your body loses significant amounts of fluid during bowel preparation. In order to prevent dehydration, it is important to supplement that fluid loss with clear liquids. Make a conscious effort to drink as much as you can before, during, and after the colonoscopy prep.

Prepare Yourself	7 days before	5 Days Before
<ul style="list-style-type: none"> ● You are scheduled for a sedated procedure. Do not drive or operate machinery for 12 hours after your procedure. A responsible driver must accompany you to the clinic and rain in the waiting room during the procedure and recovery period. We recommend that someone rain with you for 12 hours after you are discharged. You are not allowed to take a taxi, a bus or walk home. ● Bring a list of current prescription and over the counter medications and herbal supplements. Include the dosage and number of times taken each day. ● If you are diabetic, you may need to check your blood sugar more oftan. If you have a prescription inhaler at home please bring this along with you to your appointment ● Bring a list of know allergies to food, medications or latex ● ● Bring a list of medical conditions and surgical history ● Wear a short sleeved shirt and loose fitting, comfortable clothes ● Please inform your healthcare provider if you are or could be pregnant. <p>MCE1745 (rev 4/19) – Page 3 of 4</p>	<ul style="list-style-type: none"> ● Go to the Pharmacy and pick up your prep. You will receive GoLytely, 6 Bisacodyl or Senna tablets, 1 (10 ounce bottle of Magnesium Citrate. Let the Pharmacist know it's for a Colonoscopy. Follow the instruction provided on this sheet. ● Stop Iron other than in vitamin ● If Diabetic, or on Anti- inflammatory (NSAIDS) such as Ibuprofen, Advil, Aleve, or aspirin please contact your primary/ pre-op provider regarding any chances needed unless already instructed. 	<ul style="list-style-type: none"> ● If you are on a blood thinning medication (EX: Coumadin, Warfarin, Plavix, Jantoven or Lovenox, etc.). Please make your healthcare provider aware of this before your colonoscopy. Certain medications may need to be stopped temporarily prior to your procedure. ● Continue to take all other prescribed medications as usual unless change by your provider. (During prep time take with small sips of water) ● Avoid Vegetables and fruits with skins or seeds. Avoid nuts, corn, whole grain cereal/breads. ● Avoid Citrucel, Metamucil and Psyllium ● Recommended foods: Dairy products, pasta, white bread, meats, poultry, and fish without skins

2 Days Before	1 Day Before	Day of Procedure
<p>In the AM</p> <ul style="list-style-type: none"> •Take 2 Bisacodyl or Senna Tablets •Full liquid diet only, no solid foods. <p>Food allowed:</p> <ul style="list-style-type: none"> •Crackers and vegetables that are pureed in soups •Vegetable and Fruit juices that are strained •Milk and milk based beverages •Broths and strained cream soups •Custards, flavored gelatins, tapioca, plain ice cream, pudding, popsicles and pudding pops •All beverages and supplements such as Ensure, Boost and Resource <p>6pm- Drink 1 10oz bottle of Magnesium Citrate</p> <p>MCE1745(rev 4/19) page 4 of 4</p>	<p>In the AM</p> <ul style="list-style-type: none"> •Take 2 Bisacodyl or Senna tablets. •Begin a clear liquid diet. •No solid foods for breakfast, lunch, or dinner. Drink only clear liquids for breakfast, lunch and dinner. Clear liquids allowed: Apple; white grape; Gatorade; water; fruit sports drinks; popsicles; gummy bears; and any clear fruit juice without pulp; broth; plain Jell-O. Coffee without creamer, tea and soda in limited quantities. No red and purple products. •It is important that you drink a variety of clear liquid beverages with calories to prevent dehydration. <p>In the morning; Fill the container of Golytely to the fill line with warm tap water and put it in the refrigerator to keep cold. It is ok to flavor the Golytely with Crytal light or Kool- Aid of your choice(no red or purple colors)</p> <p>The evening before your colonoscopy beginning at: 4 pm – Take 2 Bisacodyl or Senna tablets 6 pm – Start drinking the 1st half of the GoLyte. Drink 8oz of the GoLyte every 10 minutes until you have finished the first half of the contents of the container.</p>	<p>The 2nd half of the GoLyte should be started 5 hours before your scheduled arrival time.</p> <p>Start Drinking at: _____ am Drink 8oz of the GoLyte every 10 minutes until the container is empty</p> <ul style="list-style-type: none"> •Drink clear liquids up until 4 hours prior to procedure and then nothing by mouth. •If you are diabetic please check your blood sugar at home prior to coming. <p>Time____Result____ (Please bring this with you to your procedure.)</p> <p>*It is very important that you drink all of the prep.*</p> <p>Proper bowel preparation for a colonoscopy is necessary in order for your doctor to fully view the colon. If your stool is not clear/ yellow liquid, your procedure may need to be rescheduled.</p> <p>PLEASE LEAVE YOUR VALUABLES AT HOME.</p> <p>Please report to the Mankato Clinic Endoscopy Center at 1230 E. Main Street, Mankato as scheduled above with a responsible adult driver. Call with any questions to 507-389-8582 and select option #1.</p>