

ESTRELLA GASTROENTEROLOGY

You are scheduled to have the inside of your colon examined using video-camera equipment. A proper preparation is very important for an adequate examination. Please follow the instructions carefully.

- Since you will be given sedatives, you will not be allowed to drive after the exam. Hence you must have someone who can drive accompanying you to the hospital. Plan on spending 2-3 hours in the hospital.
- There are always some risks to any examination. The complications of a colonoscopy include perforation (a hole in the bowel that may require surgery to be fixed, 0.01 % chance), bleeding (that may require a hospitalization for blood Transfusion, 2% chance) and drug reactions among others. These complications are rare, occurring in less than one percent of the cases. If a polyp is removed, the complication rate is about 1-2%.
- There is about 5-6% chance that a colonoscopy may miss an existing lesion such as a small polyps or early cancer.

WEEK PRIOR TO EXAMINATION

Pick up **CoLyte** Bowel Prep Kit (you need a prescription for this, our office will either give you a script or will call it to your pharmacy). If you take **Iron pills** stop taking them a week prior to the test. If you are taking a **blood thinner**

(Plavix, warfarin, Coumadin) the doctor will instruct you weather to stop taking these medications. You can continue your other medications (including your pain meds).

Avoid eating foods and fruits that contain seeds (strawberries, melons, poppy seeds, etc)

DAY BEFORE EXAMINATION

Enjoy a light breakfast of black coffee, tea, eggs, juice. Do not have bread, oatmeal or cereals. After breakfast you are only allowed to have **clear liquids** such as; **water, tea, coffee, apple juice, ginger Ale, gatorade, 7 Up, sprite, broth's, clear soups, Jell-o** (not red or green). **No dairy products or creamers.**

Between 6-8 pm add lukewarm drinking water to top of line on the gallon of **CoLyte**. Cap gallon and shake to dissolve the powder. Drink the full gallon over a one to two hour time period. Be sure to drink **ALL** the solution. You may experience **nausea or cramping**, it will pass. If you have severe discomfort, stop drinking the solution for a while or wait longer between drinking each glass until the discomfort goes away.

Other _____

DAY OF EXAMINATION

Do not eat on the day of procedure, you may have clear liquids up to 2 hour prior to your arrival time. You can take all your medication (heart and blood pressure) medication the morning of the test with a sip of water. If you are on diabetic pills, don't take them the morning of the procedure.

Please arrange for transportation, you cannot drive after the procedure!

**For questions or rescheduling of your appointment, please call 623-935-4056 as soon as possible.
Thank you**