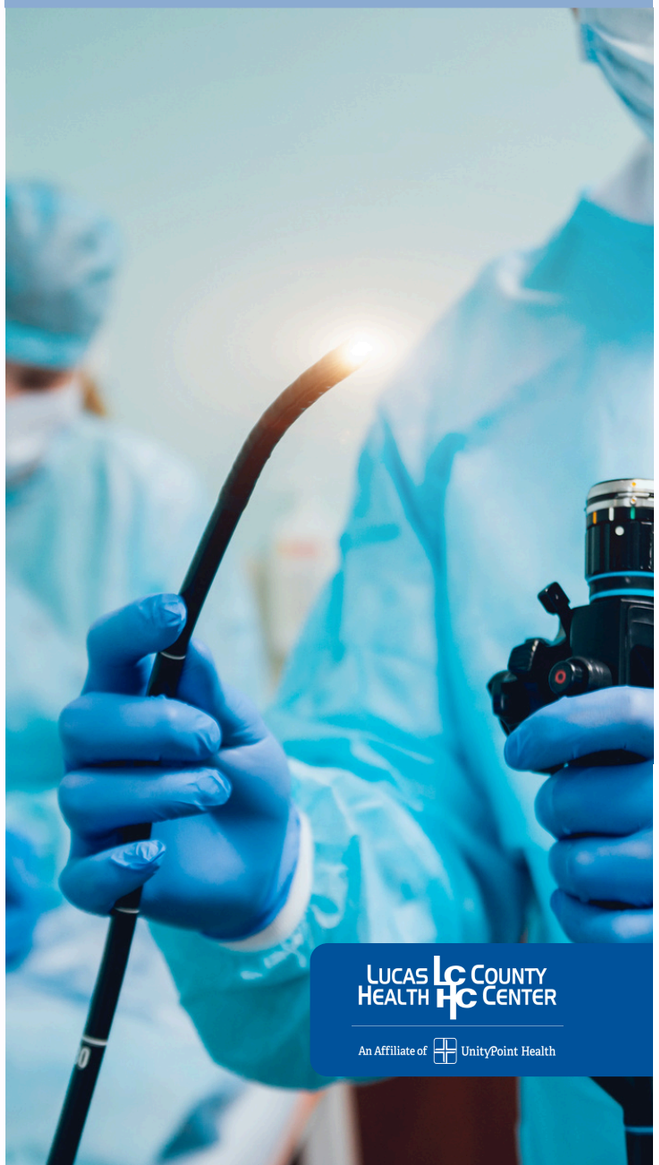
# Colonoscopy/EGD

## Preparation Information




## After Your Procedure

### IN THE RECOVERY ROOM

You will wake up in the recovery room, where you nurse has been monitoring your heart, breathing, and blood pressure. Many people feel bloated and have stomach cramps after a colonoscopy - this is normal and goes away by passing gas. Once you are fully awake, your nurse will remove your IV. If you have someone waiting with you, your nurse will explain your discharge instructions to both of you before you go home.

### AT HOME

- If you had a biopsy, you may notice a few drops of blood coming from your rectum. This is normal after a biopsy. However, there should be no more than a few drops and it should not last more than 24 hours.
- You may resume your normal activities 24 hours after your procedure.
- Do not drink alcoholic beverages for 24 hours after your procedure.
- Begin eating light foods as soon as you are discharged. Work your way up to your normal diet. If your provider wants you to limit your diet, they will tell you.
- Do not drive or operate heavy machinery for the rest of the day. We also advise against any business or financial deals until the following day.
- If you have a biopsy or removal, you will be contacted to review the results. Your provider will also discuss the timing for your next colonoscopy at this appointment.

## Preparation Information

A colonoscopy involves a thorough exam of the entire colon, also known as the large intestine. Using a colonoscope, your provider has may take small tissue samples (biopsies) for analysis, remove any abnormal tissue growths known as polyps, and capture images of the colon's interior.

To ensure your procedure is successful, it is important to carefully follow these instructions. It is crucial that your colon is completely empty before the procedure. If fecal matter remains in your colon, it could obstruct the view, making it challenging to identify potential issues. This could necessitate a repeat of the procedure. Should you have any questions or concerns, please do not hesitate to reach out to your provider.

### PROCEDURE INFORMATION

Your provider has scheduled you for a colonoscopy with Dr. Matt Morgan.

LCHC's Surgery Department will call you to schedule your procedure.

Our Surgery Department will also call you 1-2 days before to:

- Remind you of your procedure
- Let you know what time to arrive
- Review instructions

## Helpful Information

- If you need to reschedule or cancel your procedure, call LCHC's Surgery Department at (641) 774-3374.
- You will receive sedation for your procedure. This will require an IV to be placed.
- Only one person is allowed to accompany you on the day of your procedure.
- You can expect to be at LCHC for 2-3 hours on the day of your procedure.

## 1 Week Before Your Procedure

### AVOID CERTAIN FOODS

Starting one week before your colonoscopy, do not eat the following foods. They are hard to digest and may make it harder for your doctor to see during your colonoscopy.

- raw fruits and vegetables
- whole kernel corn
- grains
- seeds, such as poppy or sesame
- nuts
- popcorn
- red meats

### ARRANGE A RIDE

You must have someone 18 years or older take you home after your procedure.

## 1 Week Before Your Procedure

### ASK ABOUT MEDICATIONS

You may need to stop taking or change the dose of some of your medications before your procedure.

Review your medications at home. STOP taking any of the following:

- Anti-inflammatories: ibuprofen, naproxen, Celebrex, meloxicam, fish oil, Omega-3, and Vitamin D3
- If you take medication to thin your blood, such as to treat blood clots or to prevent a heart attack or stroke, ask the doctor who prescribes it for you when you stop taking it.
- Blood thinners: Aspirin, Plavix, Aggrenox, Warfarin, Pradaxa, Eloquis, Heparin, Lovenox, and Xarelto
- Supplements: multi-vitamins, herbal supplements, iron, and fiber supplement

If you take insulin or other medications for diabetes, you may need to change the dose. Ask the provider who prescribes your diabetes medication what you should do the day before and the morning of your procedure. Tell your provider you will be drinking a clear liquid diet the day before your procedure. If you take metformin or a medication that contains metformin, do not take it the day before or the day of your procedure.

## 1 Day Before Your Procedure

### FOLLOW A CLEAR LIQUID DIET

You will need to follow a clear liquid diet the day before your surgery or procedure. Examples of clear liquids are listed in the table below.

Other steps to follow:

- Do not eat any solid foods
- Do not drink anything red, purple, or orange
- Make sure to drink plenty of liquids in addition to water, coffee, and tea. This helps to make sure that you get enough calories and is an important part of your colonoscopy preparation. Try to drink at least one 8 oz glass every hour while you're awake.

| | Drink: | Do NOT Drink: |
|---|---|---|
| Soups | • Clear broth or bouillon<br>• Packaged vegetable, chicken, or beef broth | • Any food with particles of dried food or seasonings |
| Sweets | • Gelatin (such as Jell-O)<br>• Flavored ices | • Anything red, purple, or orange |
| Beverages | • Water<br>• Clear juice<br>• Soda and sports drinks (7-up, Gatorade, etc.)<br>• Tea or black coffee (no creamer or sugar) | • Juices with pulp<br>• Nectars<br>• Milk<br>• Alcohol |

## The Day of Your Procedure

### THINGS TO REMEMBER

- Take only the medications you were instructed to take the morning of your procedure. Take them with a few sips of water. (This may include blood pressure medications, heart medications, and/or anti-seizure medications.)
- Do not put on any lotion, cream, powder, make-up, or perfume.
- Remove any jewelry, including body piercings.
- Leave all valuables such as credit cards and jewelry at home.
- If you wear contact lenses, wear your glasses instead.

### WHAT TO BRING WITH YOU

- Driver's license
- Insurance cards
- A list of the medications you take
- Your rescue inhaler, if you have one
- A case for your glasses
- Someone to drive you home

### IMPORTANT: CALL US IF YOU HAVE ANY OF THE FOLLOWING AFTER YOUR PROCEDURE:

- A temperature of 101° F (38.3° C) or higher
- Severe stomach pain or hardness
- Bleeding from your rectum that lasts more than 24 hours
- Bleeding between bowel movements
- Weakness, faintness, or nausea
- Heavy bleeding

## The Day of Your Procedure

### WHAT TO EXPECT

Once you arrive, you will need to check in at our front desk. As you prepare for your procedure, our providers, nurses, and other staff members will ask you to state and spell your name and date of birth many times. We do this for your safety as people with same/similar names may be having procedures on the same day.

After changing into a hospital gown, your nurse will place an IV into a vein, usually in your hand or arm. You'll talk with your anesthesiologist about your medical history and the anesthesia you'll get to make you sleepy. Your provider will explain the procedure and answer any questions.

When it's time for your procedure, you will be brought into the procedure room and helped onto an exam table. Our team will attach equipment to monitor your heart, breathing, and blood pressure. You will also receive oxygen through your nose. Once all equipment has been attached, you'll be asked to lay on your left side with your knees bent.

You will receive anesthesia through your IV, which will make you fall asleep. Once you're asleep, your provider will examine and place a flexible tube, called a colonoscope into your rectum. The colonoscope is connected to a video monitor, which allows us to see inside your colon. Your provider will use air and fluid to move the colonoscope along the length of your colon while looking for anything unusual.