

STARK AMBULATORY SURGERY CENTER

4360 Fulton Dr NW

Suite C (Lower Level)

Canton, Ohio 44718

Nabil Fahmy MD

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Please note: The Endoscopy Unit is located in the **lower level** of the building. Simply follow the drive down to the **rear, lower level entrance**.

COLONOSCOPY INSTRUCTIONS

It is essential that you call your insurance company today and ask if this procedure needs precertification. Record the name of the person you spoke with and the date. After you call your insurance company/companies, please call our office at 330-305-2020 and let us know whether or not precertification is necessary. We will ask for the name and date to be documented in your chart. If needed, we will then call and get the authorization.

STOP all of these medications **THREE DAYS** before procedure:

Celebrex, Ticlid, Lodene, Relafen, or any other anti-inflammatory medication.

STOP all of these medications **ONE WEEK** before procedure:

Aspirin, Aleve, Advil, Ibuprofen, Motrin or Plavix (Note: you can use Tylenol if you have pain.) Also all herbs should be discontinued because many of them cause blood thinning.

COUMADIN needs to be **STOPPED FOUR OR FIVE DAYS** before procedure.

You will need to check with the doctor who prescribed this medication to see if it is OK to do this.

The only medication you will take the morning of your procedure is your heart, blood pressure or seizure disorder medication with a sip of water. You can also use any of your inhalers.

COLONOSCOPY

Your doctor has requested that you have a colonoscopy. This is an examination to view the inside of your colon (large intestine) by means of a flexible scope. This is done to aid in the evaluation of your symptoms or to clarify an abnormality seen on x-ray. It is also possible to remove a polyp during this procedure. Polyps are small growths inside the colon that are usually benign (90%), but occasionally have a focus of cancer in the tip. When you are here you will sign a diagnostic consent form, giving the gastroenterologist permission to do the procedure. Medication will be given in the procedure room (conscious sedation) to help you relax.

PREPARATION

In order for the doctor to have a clear view of your large intestine, it is very important that the colon be free of stool. Therefore, you must follow the instructions your doctor has ordered exactly.

1. **DIET:** For one full day before the exam, follow a clear liquid diet only. Clear liquids include: jell-o (no red or orange due to dye), broth, tea, and coffee, ginger ale, cranberry juice, apple juice and white grape juice. You may have chicken or vegetable broth and any liquid you can see through. This does not include any creamed soups or milk and cream in your coffee or tea because you cannot see through these liquids.
2. Do not take Metamucil or any similar bulking agents for 2 days before the procedure.
3. Do not eat any seeds or nuts for one week before the procedure.
4. **Please bring a list of all your medications, dosage and when you take them. Also bring a list of any allergies.**
5. If you have any questions about Insulin or other medications, please check with your doctor or call the office at 330-305-2020.
6. **SEE ENCLOSED COLONOSCOPY BOWEL PREP SHEET.**
Note *** Individual response to laxatives vary. This prep will cause multiple bowel movements. Please remain within easy reach of toilet facilities.
7. Throughout the day drink plenty of fluids to keep you hydrated.
8. **NOTHING TO EAT OR DRINK AFTER MIDNIGHT THE DAY BEFORE PROCEDURE UNLESS INSTRUCTED OTHERWISE.**

PREPARATION FOR DIABETICS

1. Insulin dependent diabetics: Take ½ of your insulin in AM day of procedure. You may bring the other half with you for after the procedure. When on clear liquids use Accu-check several times throughout the day to make sure your sugar is OK. If your sugar drops while drinking prep, use Insta-glucose which can be purchased at your pharmacy. While trying to bring your sugar back up, stop the prep. When sugar is back up you can resume the prep.
2. Diabetics on oral medication: Do not take any of your diabetic meds until after your procedure when you go home and eat.

DURING THE PROCEDURE

1. During the procedure, you will be lying on your left side on a comfortable cart in a darkened room.

2. The flexible scope will be placed into your rectum and maneuvered into your large intestine. This will be done with surprising ease due to the relaxing effect of the medication.
3. The doctor will advance the scope into your large intestine for close examination. Often, a biopsy (a tiny bit of tissue) may be taken for microscopic examination. This **will not** cause you any discomfort.

AFTER THE PROCEDURE

1. In the recovery room you must stay for at least half an hour.
After the procedure, you may feel “bloated” and may pass gas throughout the day. It is also normal for your next bowel movement to be several days later.
2. **DUE TO THE MEDICATION YOU RECEIVED DURING THE PROCEDURE YOU MUST HAVE SOMEONE DRIVE YOU HOME OR THE PROCEDURE WILL BE CANCELLED.**
3. The examining doctor will tell you, or with your consent, a family member or friend what he found. A copy of the report will also be sent to your physician giving details of the examination.
4. If you experience severe pain, fever, or vomiting, please call your doctor at 330-305-2020 or go to the emergency room.
5. Discharge instructions will be given after your procedure.