

*Salem Surgery Center
32 Stiles Road
Salem N.H. 03079
603-898-3610*

PRE-PROCEDURE INSTRUCTION LIST

_____ Colonoscopy

You have been scheduled on: _____ with Dr. Rehman or Dr. Cohen of Northeast Gastroenterology.

A nurse from Salem Surgery Center will call you with your ARRIVAL time. You do not need to arrive earlier than this time.

If your physician informs you that you will need antibiotics prior please inform the nurse so additional time may be given.

Please follow your instructions. If you are having a colonoscopy, please take the preparation as instructed on the Colonoscopy Instruction Sheet. **Failure to follow these instructions may result in the inability of the physician to perform your colonoscopy.**

Do not take aspirin or ibuprofen like medications for 3-5 days before your test. Do not take Coumadin for 3 days before your test. YOU SHOULD TAKE YOUR HEART OR BLOOD PRESSURE MEDICATION WITH A SIP OF WATER ON THE MORNING OF YOUR TEST UNLESS OTHERWISE INSTRUCTED BY YOUR PHYSICIAN. PLEASE NOTIFY US IF YOU TAKE ANY MEDICATION FOR DIABETES. Please bring a list of your medications along with you when you have your procedure.

DO NOT bring valuables such as jewelry or excess amounts of money. All jewelry will need to be removed.

Dress comfortably for the procedure.

You will need a responsible adult to drive you home after your procedure if sedation is to be used. Failure to have a driver will lead to cancellation and rescheduling of your test to another day.

Please call the office should you develop a significant fever or illness prior to the procedure. If by some chance you know that you will need to reschedule your test, please call us immediately so that other arrangements can be made.

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Colonoscopy

Colonoscopy is a visual examination of the lining of your colon (large intestine). A long flexible tube (colonoscope) is passed through the rectum, and around the colon. Through this instrument the doctor will be able to look for any abnormalities that may be present. If necessary, small biopsies (tissue samples) can be taken during the examination (a painless procedure) for laboratory analysis. Polyps (an abnormal growth of tissue) can also be removed using an electric snare wire.

Preparation: To allow a clear view, the entire colon must be completely free of waste material. You will be given a laxative solution to drink the night before the test and again early in the morning of the examination. The instructions are on the other side of this page. Avoid taking any iron preparations for 1 week before the examination.

What will happen? The doctor and/or nurse will explain the procedure and answer your questions. Please tell them if you have had any other endoscopic examination or any allergies or bad reactions to medications. You will be asked to sign a consent form, which will give your permission to have the procedure performed. You will need to put on a hospital gown and remove your glasses and any dentures. An intravenous line will be placed for medication to be given during the time of examination.

You will lie on a stretcher on your left side and given medication through the intravenous line to make you sleepy and relaxed. The doctor will pass the colonoscope into the anus and the rectum and advance it through the entire colon. You may experience some cramping and pressure from the air which is introduced into the colon. This is normal and will pass quickly. You may be asked to change your position during the examination and will be assisted by a nurse. The entire examination usually takes less than 30 minutes.

Afterwards: You will remain in the clinic area for about one hour until the effects of the medication wear off. You MUST have a responsible adult available to drive you home as the sedation may impair your reflexes and judgment. For the remainder of the day you are not permitted to drive a car, operate machinery, or make important decisions.

Risks: Colonoscopy can result in complications such as reactions to medication, perforation of the intestine, and bleeding. These complications are very rare (less than 1 in 1000 exams), but may require urgent treatment, and even an operation. The risks are slightly greater when the colonoscope is used to apply treatment, such as removal of polyps. There is a small risk of having a severe or life-threatening reaction to the medication. While the actual risk is not known, it has been estimated at about 1 in 5000. Be sure to inform us if you have any severe pain, black tarry stools, high fevers or persistent bleeding in the hours or days after the colonoscopy.

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COLONOSCOPY INSTRUCTION SHEET

Fleet Phospho-Soda as preparation:

You will need to purchase a total of 3oz. of Fleets Phospho-Soda

Please inform your Doctor if you have a history of Kidney problems. The preparation to be used will be half-lytely or co-lytely instead of the Fleets Phospho-Soda. You will need a prescription for this.

Patients taking heart and blood pressure medication should take medications the day of the procedure.

All ASPIRIN and aspirin-like products should be discontinued 3-5 days prior to your procedure and COUMADIN should be discontinued for 3 days prior to your procedure unless otherwise directed by you doctor.

Please notify us if you take any medication for Diabetes.

The Day before the examination:

Have clear liquids for breakfast, lunch and dinner (chicken broth, Jell-O, etc). At 5 p.m. drink 1-1/2 oz. Of Fleets Phospho-Soda. While the container suggests mixing this to 4oz, most patients choose to gulp it down quickly and then follow it immediately with 8 oz of a clear liquid. Using a straw has aided in this process also.

Drink at least 3 additional 8 oz glasses of clear liquid before bedtime.

Do not eat anything after midnight (exception: if your test is in the afternoon, you may have clear liquids up to 4 hours prior to your exam)

Day of Examination:

Drink the remaining 1-1/2 oz of Phospho-Soda approximately 4 – 6 hours before you anticipate leaving your house for the examination. Follow this with a tall glass of water. Again, you may have clear liquids up to 4 hours prior to your exam.

Should you have any further questions, please call us.

You will need to have a ride home from the procedure. (Taxi's are excluded). If you do not have transportation home, the test will need to be rescheduled.

***If you have been unable to tolerate this preparation in the past please notify your doctor. An alternative prescription preparation will be available.**