

Colonoscopy Basics

What is a colonoscopy?

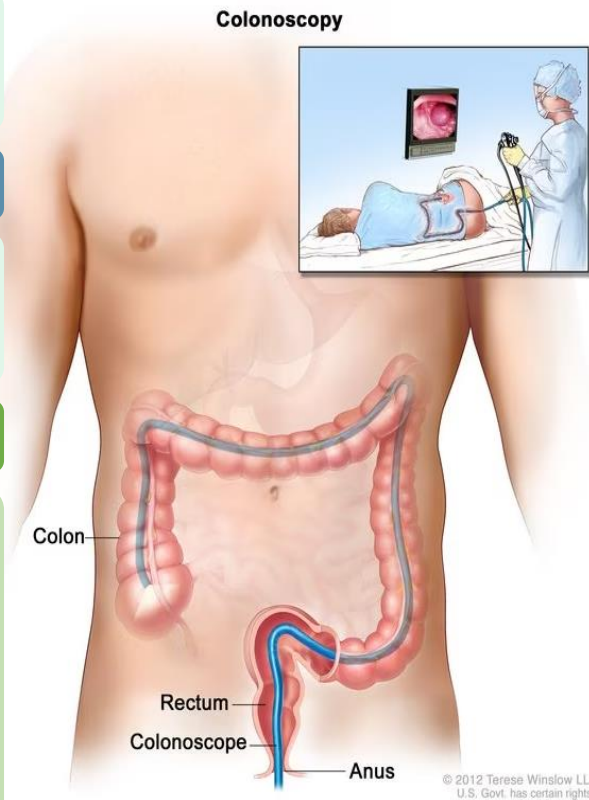
An endoscopic procedure which uses a flexible tube with a camera and a light source (colonoscope) to look directly at the inner lining of the large intestine (colon)

When to get a colonoscopy?

- Colon cancer screening
- History of precancerous/adenomatous polyps
- Changes in bowel habits
- Iron deficiency anemia
- Rectal bleeding

Before your procedure

- Obtain the bowel prep from your pharmacy.
- **STOP iron** supplements **one week** before.
- **STOP** glucagon-like peptide agonist (GLP-1) like **semaglutide** (Ozempic, Wegovy), **dulaglutide** (Trulicity), **exenatide** (Byetta or Bydureon), or **liraglutide** (Victoza, Saxenda) **one week** before.
- Let your doctor know if you take a **blood thinner** like coumadin (Warfarin), clopidogrel (Plavix), dabigatran (Pradaxa), rivaroxaban (Xarelto), or apixaban (Eliquis) so they can tell you when to hold them.



Day of Procedure - Outline

- Finish your prep by the designated time on your prep specific instructions.
- Do NOT eat or drink after you complete your prep (including chewing gum). A sip of water with morning medications is OK.
- Bring a driver with you.
- You will be brought back to the preparation area where you will change into a hospital gown and get an IV.
- The GI team will go over the procedure with you and obtain informed consent.
- You will be brought to the endoscopy room, positioned, and given medication for sedation.
- The procedure takes an average of 20-30 minutes.

After your Procedure

- You will be brought to the recovery area.
- You will be informed of the results of your exam.
- You may feel bloated and have some discomfort, but this typically resolves after passing gas.
- For the rest of the day, **NO** strenuous exercise, signing legal documents, operating heavy machinery, driving, or drinking alcohol.
- If you had polyps removed or biopsies taken, you may notice a small amount of blood with the first bowel movement that will later resolve.

	Starting 3 Days Before Colonoscopy	2 Days Before Colonoscopy	The Day before Colonoscopy	On Colonoscopy Day
Diet	Low Residue Diet	Low Residue Diet	Clear Liquid Diet	Nothing by mouth after finishing bowel prep
Bowel Prep			START PREP	FINISH PREP

Low Residue and Clear Liquid Diet

How to prepare for your colonoscopy

TYPE OF FOOD	LOW RESIDUE DIET [Starting 3 Days Prior]	FOODS TO AVOID
Milk & Dairy	Milk, cheese, buttermilk, cream, yogurt, sour cream	No yogurt mixed with seeds, granola, or berries
Bread & Grains	White bread, white rice, plain crackers, low-fiber cereal (corn flakes, puffed rice)	No brown rice, whole grains, granola, oatmeal, breads with nuts or seeds
Meats & Proteins	Chicken, turkey, lean pork, eggs, tofu, fish, and seafood	No tough meat with gristle, no beans or legumes.
Fruits & Vegetables	Fruit juice without pulp, apple sauce, ripe fruits (cantaloupe, honeydew, peaches), cooked fruits without skin or seeds	No raw fruit with skin or seeds – berries, apples, oranges, watermelon. Raisins, dried fruits.
Nuts & Seeds	Smooth/creamy peanut butter	No seeds (fennel, sesame, pumpkin, sunflower), nuts (peanuts, almonds, walnuts), chunky nut butter, popcorn
Desserts	Ice cream, sorbet, plain pudding, gelatin, cookies or cake made with white flour	No coconut, no whole grain cookies or cakes
Drinks & Beverages	Coffee, tea, hot chocolate, clear fruit drinks (no pulp), soda, sparkling water, Ensure/Boost without added fiber	No beverages with red/purple dyes, no juices with pulp

CLEAR LIQUID DIET [The Entire Day Before Colonoscopy]

- Water
- Clear broth
 - Vegetable, chicken, beef
- Tea or black coffee without cream
- Clear, light-colored juices:
 - Apple
 - White grape
 - Lemonade without pulp
 - White cranberry
- Soda
- Sports beverages
- Flavored water
- Popsicles
- Gelatin



Avoid all red and purple-colored products, as this may look like blood on the day of your procedure!



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GOLYTELY

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DATE OF
PROCEDURE:

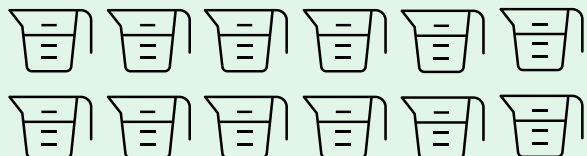
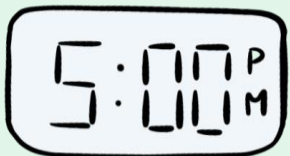
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The Day Before Your Procedure

Prep Start Time: __: __

Prep Finish Time: __: __

- Drink ONLY CLEAR LIQUIDS for breakfast, lunch, and dinner.
- Starting at 5:00 PM: Drink 8 ounces of the GOLYTELY prep EVERY 15 MINUTES until you finish 12 cups (3/4 jug).



Check off your cups as you go



The Morning of Your Procedure

Complete Prep By: __: __

Arrival Time: __: __

- Drink remaining 4 cups of prep AT LEAST 4 hours BEFORE YOUR COLONOSCOPY.



- You may take blood pressure medication with small sip of water the morning of your procedure.
- Otherwise, after finishing your prep DO NOT EAT OR DRINK ANYTHING.

What to Expect from Your Prep:

The prep solution can make you feel **nauseous** or **bloated** and will induce **diarrhea**.

How to Manage these Symptoms:

- To help the solution taste better: drink through a straw, mix the solution with ice, and add flavoring agents such as Crystal Light powder.
- Call the office** if your stools are still formed OR you have not had any bowel movements by **4 hours prior** to when you are scheduled to arrive OR if you need anti-nausea medications.

At the end of your prep, your stools should be urine-colored!



DARK AND MURKY.
NOT OK

BROWN AND MURKY.
NOT OK

DARK ORANGE AND SEMI-CLEAR.
NOT OK

LIGHT ORANGE AND MOSTLY CLEAR.
ALMOST THERE!

YELLOW AND CLEAR, LIKE URINE.
YOU'RE READY!