

Guide to Your

Colonoscopy or Upper GI Endoscopy

Date of Procedure: _____

Dr. _____

Pre-Admission **Phone Interview**

Date & Time: _____

*(Our Pre-Admission staff will call you at the above date and time.
You will be given the time of your procedure on this call.)*

Your Upcoming Colonoscopy or Upper GI Endoscopy

At Grand Itasca, we want to make sure that your endoscopy is as pleasant as possible. This guide is designed to answer questions you might have and to walk you through what you will need to do to prepare for your procedure.

Should you have any additional questions, please feel free to contact us. Contact numbers are listed below.

Important Numbers

Day Surgery Reception: 218-999-1803

After Hours Line: 218-326-3401

Appointment Line: 218-326-7344

If you need to cancel your procedure or you have questions, you can reach the Surgical Reception at 218-999-1803 from 7:00am to 5:00pm Monday through Friday. After hours or on weekends, please call 218-326-3401 and ask for the House Supervisor.

*Thank you for choosing to receive your care at
Grand Itasca.*

Special Instructions:

Colonoscopy Prep

One week before the exam:

- Do not take Aspirin, or any Aspirin products. Tylenol is fine.
- Stop taking all supplements.
- If you use blood thinners such as Coumadin (warfarin) or Plavix, talk to your primary care provider for special instructions.
- If you are a diabetic and take medication to control your blood sugar, talk to your primary care provider for special instructions.
- Arrange transportation to and from your procedure and **have a responsible adult stay with you the remainder of the day.**
- Pick-up prescriptions at your pharmacy. If it has been more than one week since your appointment was scheduled, please call your pharmacy before picking up, as they may have to reprocess your prescriptions.

Two days before the exam:

- Do not eat raw fruits and vegetables or food containing nuts, corn or seeds.

Day before the exam:

- Drink only clear liquids for breakfast, lunch and dinner. Solid foods or milk products are NOT allowed. Clear liquids include water, soda, broth, bouillon, black coffee, tea, Kool-Aid, clear juices, Gatorade, Jello, and popsicles.

12:00 pm - Take Tablets

- Take two bisacodyl tablets with water.
- Do NOT chew or crush.
- Do not take the bisacodyl within one hour of taking an antacid.

Colonoscopy Prep

1:00 p.m. - *Mix Solution*

- Add lukewarm drinking water to top of line on bottle.
- Cap bottle and shake to dissolve the powder. You may refrigerate if you like cold liquids.
- The reconstituted solution will be clear and colorless. Do not add anything, such as flavorings, to the solution unless it comes with the prescription.

6:00 p.m. - *Drink Solution*

- Drink one eight ounce glass every 10 minutes (about eight glasses total) to equal half the solution.
- Drink each glass quickly rather than drinking small amounts continuously.
- If you continue to have brown bowel movements after drinking half of the solution, continue to drink until your bowel movements are no longer brown, but liquid and yellow or clear.
- Do not discard any remaining prep solution as you may need to drink more in the morning.

Day of Exam

- If your arrival time is 9:00 a.m. or later, drink two additional eight ounce glasses of your prep solution about three hours before your arrival time, followed by eight ounces of water.
- Take blood pressure and heart medications as usual.
- You may have clear liquids until two hours prior to your arrival.
- Enter through the Main Clinic entrance and proceed to Day Surgery Check In.

After you leave:

- You may have some abdominal bloating or discomfort after the exam. Moving around will help relieve the gas pressure.
- You may resume your regular diet gradually. We recommend liquids and light foods the day of the exam.
- Complications of this exam are severe pain, rectal bleeding, shortness of breath or fever. If you experience any of these symptoms, call your doctor or the hospital immediately.

Colonoscopy FAQ

What is a colonoscopy?

- A colonoscopy is a test to look at the lining of your large intestine. The purpose of the exam is to check for abnormalities, including growths called “polyps” that can lead to serious disease. A flexible colonoscope is inserted in your rectum by the doctor to examine your large intestine.

What are polyps?

- Polyps are abnormal growths on the lining of the colon. Most polyps are not cancerous but some polyps have the potential to turn into cancer with time. Polyps can also bleed. For these reasons, most polyps are removed during a colonoscopy and sent to the laboratory for microscopic examination.

What preparation is needed?

- The colon must be completely clean for the procedure to be performed. You may be given one or two different prep solutions to cleanse your bowel. You will also need to be on a clear liquid diet the day before your procedure.

Colonoscopy FAQ & Upper GI Endoscopy Prep

What happens after the procedure?

- Once your procedure is complete, you will be taken back to your day surgery room where you will be monitored for approximately one hour. You can expect to feel drowsy for several hours afterward. You may experience some cramping or bloating due to the air introduced into the colon during the exam. You will not be able to drive or operate machinery the rest of the day. You will be given written discharge instructions and appropriate learning material before you go home. You must have a responsible adult stay at home with you for the remainder of the day.

When will I find out the results of my test?

- Your surgeon will talk to you and your designated driver before you leave and usually the preliminary results can be given to you at that time. If a biopsy was taken during the procedure it will be sent to the lab for examination. Results usually take 3-4 days. You will be contacted by phone or by letter with results.

Upper GI Endoscopy Prep

- Please follow instructions the Operating Room staff give you, including:
 - Do not wear make-up, jewelry or nail polish.
 - Leave your valuables at home.
 - Wear loose fitting clothing.
- Have a responsible adult available to drive you to and from the hospital and stay with you for the remainder of the day following your procedure.
- Enter through the Main Clinic entrance and proceed to Day Surgery Check In.
- **DO NOT EAT ANYTHING AFTER MIDNIGHT** the night before your procedure. You may have clear liquids until two hours prior to your arrival. Clear liquids include water, apple juice, tea, black coffee. No dairy products.

Upper GI Endoscopy FAQ

What is Upper GI Endoscopy?

- It is a special exam of your upper gastrointestinal (GI) tract. If you are having symptoms of an upper GI problem, this procedure may be done to help find the cause. It can also help treat upper GI, as well.

Should I take my medication the morning of my procedure?

- You may take any essential medications, such as heart, blood pressure, asthma, and anti-seizure as usual. If you are a diabetic, take aspirin, Coumadin, or other blood-thinning medications, refer to the *Special Instructions* section in this booklet.

What can I expect during the procedure?

- Before the procedure starts, you will be given sedation medicine through an IV. Your blood pressure, pulse, breathing, and oxygen levels will be monitored continuously during the test. The procedure usually takes 15-30 minutes to perform.

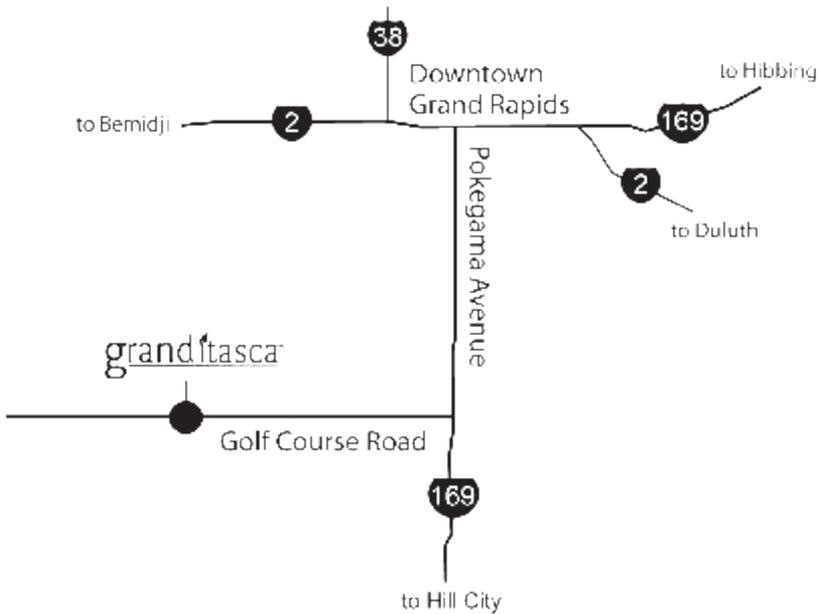
What happens after the procedure?

- Once your procedure is complete, you will be taken back to your day surgery room where you will be monitored for approximately one hour. You can expect to feel drowsy for several hours afterward. You may experience throat discomfort. You will not be able to drive or operate machinery the rest of the day. You will be given written discharge instructions and appropriate learning material before you go home. You must have a responsible adult stay with you for the remainder of the day.

When will I find out the results of my test?

- Your surgeon will talk to you and your designated driver before you leave and usually the preliminary results can be given to you at that time. If a biopsy was taken during the procedure it will be sent to the lab for examination. Results usually take 3-4 days. You will be contacted by phone or by letter with results.

Directions: Located in Beautiful Northeastern Minnesota



Driving Directions:

From Highway 169

- Take Hwy 169 to Golf Course Rd.
- Head West on Golf Course Rd., travel 1.1 miles
- Turn right, into Grand Itasca
- Park in front of Main Clinic & Hospital Entrance

From US Highway 2

- Take US Hwy 2 to Pokegama Ave
- Head South on Pokegama Ave to Golf Course Rd.
- Turn Right onto Golf Course Rd., travel 1.1 miles
- Turn right, into Grand Itasca
- Park in front of Main Clinic & Hospital Entrance